ENFIELD HEAD START

NEWSLETTER

May
2019

Artwork by: Zaara, Age 5

"Logic will get you from A to B. Imagination will take you everywhere!"
~Albert Einstein

1270 Enfield Street
Enfield, CT 06082
(860)253-6470

May 2019

Education News

Hello Families,

With spring here and summer coming I want to stress the importance of outdoor play. Outdoor play is not only fun for children, it's a necessary part of their growth and development. Playing outside helps children acquire confidence, imagination, an appreciation of the world around them, social skills and gross motor skills like balance, coordination and strength. No matter what the activity, outdoor play involves all of the child's senses-touch, taste, smell, hearing, sight and sense of motion- in a way that many indoor activities do not. When children play vigorously, they build healthy bones and muscles, reduce body fat and increase their strength and physical endurance. What better way to learn about science, animals, nature or the weather than to go outside and experience them "hands on"? Outdoor play is great for children's emotional health as well. Everyone needs a chance to change gears, relax and rebuild concentration and energy levels. An adult should supervise all outdoor activity. For children with health problems-such as asthma or severe allergies-extra caution should be taken.
(P. Portman, Activity Fosters Physical Wellness)

Melissa Levasseur
Education/Disabilities Manager

WHY SHOULD I READ TO MY CHILD FOR 20 MINUTES A DAY?

	Student A	Student B	Student C
Time reading per day	20 minutes	5 minutes	1 minute
Number of words heard per year	1,800,000	282,000	8,000
Standardized test scores	90th percentile	50th percentile	10th percentile

We Are the Gardeners by Joanna Gaines and Julianna Swaney

The Tiny Seed by Eric Carle

When Spring Comes by Kevin Henkes and Laura Dronzek

Planting a Rainbow by Lois Ehlert

Little Blue Truck's Springtime by Alice Schertle and Jill McElmurry

A Walk Through the Woods by Louise Greig and Helen Musselwhite

Worm Weather by Jean Taft and Matt Hun

The Honeybee by Kirsten Hall and Isabelle Arsenault

From Egg to Chicken (Lifecycles) by Gerald Scrace Legg

Where Do Chicks Come From? by Amy E Sklansky and Pam Paparone

Hatching Chicks in Room 6 by Caroline Arnold

MAY

Family Engagement News

The Family Advocates are completing their third home visits this month. Please contact them if you have any questions or need to set up a date to meet with them.

Our Annual Family Game Nights will be happening in this month!

Rooms 1 & 4 Thursday May 9th 5-6pm

Rooms 2 & 3 Thursday May 16th 5-6pm

Rooms 5 & 6 Thursday May 22nd 5-6pm

Bring the whole family and enjoy a night of fun and games. Light refreshments will be served.

I think we can safely say that spring is here! Please remember to have your child wear comfortable sneakers to school and make sure you send in a change of clothes. They will be enjoying the outdoors often this month! Just a reminder:

☺ **NO FLIP FLOPS!!** ☺

Stop in and see me anytime. I am also only a phone call away (860-253-4717) if you ever need to speak with me about anything!!

-Kelly Bowles

Family Support Manager

Health and Nutrition News May 2019

All Students at Head Start have been screened for spring heights and weights. Letters have been sent home for each child stating their height, weight and body mass index (BMI) and what that means. Feel free to come to me with any questions. We also have a registered dietician that can arrange to meet with you to discuss any nutrition/weight concerns you may have about your child or someone in your family. The childhood obesity epidemic continues to be a growing concern in our community.

We are getting ready to send many children off to Kindergarten. We will make sure that any health and education information we have here at Head Start will be sent to the appropriate kindergarten where your child is registered. ***All children that attend Head Start are already registered in the Enfield Public School System. You do not need to go register them or have a physical done unless I have informed you that one is needed.*** We need all current medical information and physicals **at Head Start. I will ensure that they get to the appropriate school.** I will be sending home letters to all parents stating what they need for Kindergarten or returning here to Enfield Head Start. (Such as immunizations or physicals).

There will be a Health Service Advisory Meeting scheduled for Wednesday May15, 2019. Policies such as Oral Health, BMI, sunscreen policy, menu review and other health related issues will be discussed.

The nice weather is finally here!! Please make sure your children wear good running shoes for outdoor play. **Flip-flops, crocs, and sandals are *not*** recommended**, and please apply sunscreen prior to your child coming to school.** (We ***cannot*** apply sunscreen without a doctor's order). Hats are also a good idea.

Jennifer Maier RN
Health/Nutrition Manager

Child and Adult Care Food Program (CACFP) • Menu Form 1 — Breakfast, Lunch and Snack for Ages 3-5 Site: Enfield Head Start Week of: 4/29/18

This form includes the new CACFP meal pattern requirements of the USDA final rule, effective October 1, 2017 through September 30, 2019. See page 2 for important menu planning notes.

1Breakfast [1]	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) *Unflavored low-fat (1%) or unflavored fat-free*	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) [2, 3, 4]	Apple Sauce	Pears	Bananas	Pineapple	Mandarin Oranges
Grains [5, 6] *Indicate "WGR" next to WGR menu items* Whole grain-rich (WGR) or enriched bread (½ slice) **or** WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) **or** WGR, enriched, or fortified cooked breakfast cereal [7], cereal grain [8], or pasta (¼ cup) **or** WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (⅓ cup) [7, 9]	Quaker Life Cereal	Enriched Mini Bagel	Kix Cereal	Muffin	Yogurt
Other foods *(Do not credit)* [10]		Cream Cheese			NV Granola
Lunch [1]	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Milk (¾ cup) *Unflavored low-fat (1%) or unflavored fat-free*	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates [11] Meat, poultry, or fish (1 ½ ounces) **or** tofu, soy product, or alternate protein products (APP) [12] (1 ½ ounces) **or** cheese (1 ½ ounces) **or** cottage cheese (⅜ cup) **or** egg (¾ large) **or** cooked dry beans and peas (⅜ cup) **or** peanut butter (3 tablespoons) **or** nuts and seeds (¾ ounce = 50%) [13] **or** yogurt or soy yogurt [14] (¾ cup)	Breaded Popcorn Chicken	Breaded Chicken Nuggets	Pasta Day Meat Sauce & Grated Cheese	Teriyaki Nuggets	Grilled Cheese Sandwich
Vegetables (¼ cup) [2, 3]	Corn Off the Cobb	Carrots	Tossed Salad	Sweet Peas	Cucumber Wheels
Fruits (¼ cup) [2, 4, 15]	Mixed Fruit	Banana	Apple	Orange Smiles	Peaches
Grains [5] *Indicate "WGR" next to WGR menu items* WGR or enriched bread (½ slice) **or** WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) **or** WGR, enriched, or fortified cooked breakfast cereal [7], cereal grain [8], or pasta (¼ cup) **or** WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) [7, 9]	Whole Wheat Dinner Roll *WGR	Whole Wheat Dinner Roll *WGR	Whole Wheat Pasta Whole Wheat Dinner Roll *WGR	Whole Wheat Dinner Roll *WGR	Whole Wheat Bread *WGR
Other foods *(Do not credit)* [10]	Mashed Potato/gravy	Baked Fries/ketchup	Italian Drsg	Rice/Fortune Cookie	
Snack (AM or PM) [1, 16] ***Select 2 of 5***	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
1. Milk (¾ cup) *Unflavored low-fat (1%) or unflavored fat-free*	1% Milk			1% Milk	1% Milk
2. Meat/Meat Alternates [11] Meat, poultry, or fish (½ ounce) **or** tofu, soy product, or APP [12] (½ ounce) **or** cheese (½ ounce) **or** cottage cheese (⅛ cup) **or** egg (½ large) **or** cooked dry beans and peas (¼ cup) **or** peanut butter (1 tablespoon) **or** nuts and seeds (½ ounce) [13] **or** yogurt or soy yogurt [14] (¼ cup)	Sun Butter	Shredded Cheese		Yogurt	
3. Vegetables (½ cup) [2, 3]	Apple	Salsa	Colored Peppers		
4. Fruits (½ cup) [2, 4]				Mixed Fruit	
5. Grains [5] *Indicate "WGR" next to WGR menu items* WGR or enriched bread (½ slice) **or** WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) **or** WGR, enriched, or fortified cooked breakfast cereal [7], cereal grain [8], or pasta (¼ cup) **or** WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) [7, 9]		Whole Grain Tostitos	Wheat Thins		Teddy Grahams
Other foods *(Do not credit)* [10]		Sour Cream/Water	Dip/Water		

Child and Adult Care Food Program (CACFP) • Menu Form 1 — Breakfast, Lunch and Snack for Ages 3-5 Site: Enfield Head Start Week of: 5/6/19

This form includes the new CACFP meal pattern requirements of the USDA final rule, effective October 1, 2017 through September 30, 2019. See page 2 for important menu planning notes.

1Breakfast [1]	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) *Unflavored low-fat (1%) or unflavored fat-free*	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) [2, 3, 4]	Apple Sauce	Peaches	Banana	Mixed Fruit	Mandarin Oranges
Grains [5, 6] *Indicate "WGR" next to WGR menu items* Whole grain-rich (WGR) or enriched bread (½ slice) **or** WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) **or** WGR, enriched, or fortified cooked breakfast cereal [7], cereal grain [8], or pasta (¼ cup) **or** WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (⅓ cup) [7, 9]	Low Sugar Cinnamon Toast Crunch Cereal	Cinnamon Bread	General Mills Cereal	Whole Wheat Bread	Yogurt
Other foods *(Do not credit)* [10]		Butter		Butter/Jam	Granola
Lunch 1	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Milk (¾ cup) *Unflavored low-fat (1%) or unflavored fat-free*	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates [11] Meat, poultry, or fish (1 ½ ounces) **or** tofu, soy product, or alternate protein products (APP) [12] (1 ½ ounces) **or** cheese (1 ½ ounces) **or** cottage cheese (⅞ cup) **or** egg (¾ large) **or** cooked dry beans and peas (⅜ cup) **or** peanut butter (3 tablespoons) **or** nuts and seeds (¾ ounce = 50%) [13] **or** yogurt or soy yogurt [14] (¾ cup)	Breaded Chicken Nuggets	Meatball Sub Meatballs & Mozzarella Cheese	Pasta Day Meat Sauce & Grated Cheese	Thanksgiving in May Turkey	Breaded Mozzarella Sticks
Vegetables (¼ cup) [2, 3]	Corn Off the Cobb	Chick Pea Salad	Tossed Salad	Sweet Peas	Steamy Broccoli
Fruits (¼ cup) [2, 4, 15]	Mixed Fruit	Banana	Fresh Apple	Orange Smiles	Peaches
Grains [5] *Indicate "WGR" next to WGR menu items* WGR or enriched bread (½ slice) **or** WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) **or** WGR, enriched, or fortified cooked breakfast cereal [7], cereal grain [8], or pasta (¼ cup) **or** WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) [7, 9]	Whole Wheat Dinner Roll *WGR	Grinder Roll *WGR	Whole Wheat Pasta Whole Wheat Dinner Roll *WGR	Whole Wheat Dinner Roll *WGR	Whole Wheat Dinner Roll *WGR
Other foods *(Do not credit)* [10]	Fries/ketchup	Fries/ketchup		Mashed Potato/Gravy	Fries/ketchup
Snack (AM or PM) [1, 16] ***Select 2 of 5***	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
1. **Milk** (¾ cup) *Unflavored low-fat (1%) or unflavored fat-free*			1% Milk	1% Milk	1% Milk
2. **Meat/Meat Alternates** [11] Meat, poultry, or fish (½ ounce) **or** tofu, soy product, or APP [12] (½ ounce) **or** cheese (½ ounce) **or** cottage cheese (⅛ cup) **or** egg (½ large) **or** cooked dry beans and peas (⅛ cup) **or** peanut butter (1 tablespoon) **or** nuts and seeds (½ ounce) [13] **or** yogurt or soy yogurt [14] (¼ cup)	Cheese Stick	Cheese & Pepperoni	Yogurt		
3. **Vegetables** (½ cup) [2, 3]	Apple				
4. **Fruits** (½ cup) [2, 4]					
5. **Grains** [5] *Indicate "WGR" next to WGR menu items* WGR or enriched bread (½ slice) **or** WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) **or** WGR, enriched, or fortified cooked breakfast cereal [7], cereal grain [8], or pasta (¼ cup) **or** WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) [7, 9]		Ritz Cracker	Pineapple	Graham Cracker	Gold Fish
Other foods *(Do not credit)* [10]	Water	Water		Cream Cheese	

Child and Adult Care Food Program (CACFP) • Menu Form 1 — Breakfast, Lunch and Snack for Ages 3-5 Site: Enfield Head Start Week of: 5/13/19

This form includes the new CACFP meal pattern requirements of the USDA final rule, effective October 1, 2017 through September 30, 2019. See page 2 for important menu planning notes.

Breakfast [1]	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Milk (¾ cup) *Unflavored low-fat (1%) or unflavored fat-free*	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) [2, 3, 4]	Apple Sauce	Peaches	Banana	Mixed Fruit	Mandarin Oranges
Grains [5, 6] *Indicate "WGR" next to WGR menu items* Whole grain-rich (WGR) or enriched bread (½ slice) **or** WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) **or** WGR, enriched, or fortified cooked breakfast cereal [7], cereal grain [8], or pasta (¼ cup) **or** WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (⅓ cup) [7, 9]	General Mills Kix Cereal	Muffin	General Mills Corn Flakes	Mini Bagel	Yogurt
Other foods *(Do not credit)* [10]				Cream Cheese	NV Granola
Lunch [1]	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Milk (¾ cup) *Unflavored low-fat (1%) or unflavored fat-free*	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates [11] Meat, poultry, or fish (1 ½ ounces) **or** tofu, soy product, or alternate protein products (APP) [12] (1 ½ ounces) **or** cheese (1 ½ ounces) **or** cottage cheese (⅜ cup) **or** egg (¾ large) **or** cooked dry beans and peas (⅜ cup) **or** peanut butter (3 tablespoons) **or** nuts and seeds (¾ ounce = 50%) [13] **or** yogurt or soy yogurt [14] (¾ cup)	Chicken Pattie & Cheese	Corn Dog (Turkey) Nuggets	Pasta Day Meat Sauce & Grated Cheese	Taco Salad Taco Meat/Cheddar Cheese	Macaroni & Cheese
Vegetables (¼ cup) [2, 3]	Corn off the Cobb	Cooked Carrots	Tossed Salad	Lettuce cup/Salsa	Broccoli Spears
Fruits (¼ cup) [2, 4, 15]	Mixed Fruit	Banana	Fresh Apple	Orange Smiles	Peaches
Grains [5] *Indicate "WGR" next to WGR menu items* WGR or enriched bread (½ slice) **or** WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) **or** WGR, enriched, or fortified cooked breakfast cereal [7], cereal grain [8], or pasta (¼ cup) **or** WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) [7, 9]	Whole Wheat Bun *WGR	Whole Wheat Roll Roll *WGR	Whole Wheat Pasta Whole Wheat Dinner Roll *WGR	Taco Chips *WGR	Whole Wheat Dinner Roll *WGR
Other foods *(Do not credit)* [10]	Baked Fries/ketchup	Potato Puffs/ketchup	Italian Drsg	Refried beans/rice	
Snack (AM or PM) [1, 16] ***Select 2 of 5***	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
1. Milk (¾ cup) *Unflavored low-fat (1%) or unflavored fat-free*		1% Milk		1% Milk	1% Milk
2. Meat/Meat Alternates [11] Meat, poultry, or fish (½ ounce) **or** tofu, soy product, or APP [12] (½ ounce) **or** cheese (½ ounce) **or** cottage cheese (⅛ cup) **or** egg (½ large) **or** cooked dry beans and peas (⅛ cup) **or** peanut butter (1 tablespoon) **or** nuts and seeds (½ ounce) [13] **or** yogurt or soy yogurt [14] (¼ cup)		Yogurt		Sun Butter	
3. Vegetables (½ cup) [2, 3]			Baby Carrots		
4. Fruits (½ cup) [2, 4]	Apple	Pears			
5. Grains [5] *Indicate "WGR" next to WGR menu items* WGR or enriched bread (½ slice) **or** WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) **or** WGR, enriched, or fortified cooked breakfast cereal [7], cereal grain [8], or pasta (¼ cup) **or** WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) [7, 9]	Wheat Thins		Wheat Thins	Graham Cracker	Teddy Grahams
Other foods *(Do not credit)* [10]	Dip/Water		Dip/Water		

Child and Adult Care Food Program (CACFP) • Menu Form 1 — Breakfast, Lunch and Snack for Ages 3-5 Site: Enfield Head Start Week of: 5/20/19

This form includes the new CACFP meal pattern requirements of the USDA final rule, effective October 1, 2017 through September 30, 2019. See page 2 for important menu planning notes.

Breakfast [1]	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Milk (¾ cup) *Unflavored low-fat (1%) or unflavored fat-free*	1% Milk	1% Milk	1% Milk	1% Milk	
Vegetables, fruits, or portions of both (½ cup) [2, 3, 4]	Apple Sauce	Peaches	Banana	Mixed Fruit	
Grains [5, 6] *Indicate "WGR" next to WGR menu items* Whole grain-rich (WGR) or enriched bread (½ slice) **or** WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) **or** WGR, enriched, or fortified cooked breakfast cereal [7], cereal grain [8], or pasta (¼ cup) **or** WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (⅓ cup) [7, 9]	Life Cereal	Muffin	Cheerios Cereal	Whole Wheat Bread	**NO SCHOOL**
Other foods *(Do not credit)* [10]				Butter/Jam	
Lunch [1]	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Milk (¾ cup) *Unflavored low-fat (1%) or unflavored fat-free*	1% Milk		1% Milk		1% Milk
Meat/Meat Alternates [11] Meat, poultry, or fish (1 ½ ounces) **or** tofu, soy product, or alternate protein products (APP) [12] (1 ½ ounces) **or** cheese (1 ½ ounces) **or** cottage cheese (⅞ cup) **or** egg (¾ large) **or** cooked dry beans and peas (⅜ cup) **or** peanut butter (3 tablespoons) **or** nuts and seeds (¾ ounce = 50%) [13] **or** yogurt or soy yogurt [14] (¾ cup)	Breaded Popcorn Chicken	**EARLY DISMISSAL NO LUNCH**	Pasta Day Meat Sauce & Grated Cheese	**EARLY DISMISSAL NO LUNCH**	Cheesy Pizza Square
Vegetables (¼ cup) [2, 3]	Corn off the Cob		Tossed Salad		Broccoli Spears
Fruits (¼ cup) [2, 4, 15]	Mixed Fruit		Apple		Peaches
Grains [5] *Indicate "WGR" next to WGR menu items* WGR or enriched bread (½ slice) **or** WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) **or** WGR, enriched, or fortified cooked breakfast cereal [7], cereal grain [8], or pasta (¼ cup) **or** WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) [7, 9]	Whole Wheat Dinner Roll *WGR		Whole Wheat Pasta Whole Wheat Dinner Roll *WGR		Pizza Dough *WGR
Other foods *(Do not credit)* [10]	Mashed Potato/Gravy		Italian Drsg		Fries/Ketchup
Snack (AM or PM) [1, 16] ***Select 2 of 5***	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
1. **Milk** (¾ cup) *Unflavored low-fat (1%) or unflavored fat-free*					1% Milk
2. **Meat/Meat Alternates** [11] Meat, poultry, or fish (½ ounce) **or** tofu, soy product, or APP [12] (½ ounce) **or** cheese (½ ounce) **or** cottage cheese (⅛ cup) **or** egg (½ large) **or** cooked dry beans and peas (⅛ cup) **or** peanut butter (1 tablespoon) **or** nuts and seeds (½ ounce) [13] **or** yogurt or soy yogurt [14] (¼ cup)	Cheese Stick		Shredded Cheese		
3. **Vegetables** (½ cup) [2, 3]			Salsa		
4. **Fruits** (½ cup) [2, 4]	Apple				
5. **Grains** [5] *Indicate "WGR" next to WGR menu items* WGR or enriched bread (½ slice) **or** WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) **or** WGR, enriched, or fortified cooked breakfast cereal [7], cereal grain [8], or pasta (¼ cup) **or** WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) [7, 9]			Tostitos		Gold Fish
Other foods *(Do not credit)* [10]	Water		Sour Cream/Water		

Child and Adult Care Food Program (CACFP) • Menu Form 1 — Breakfast, Lunch and Snack for Ages 3-5 Site: Enfield Head Start Week of: 5/27/19

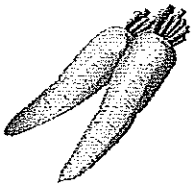
This form includes the new CACFP meal pattern requirements of the USDA final rule, effective October 1, 2017 through September 30, 2019. See page 2 for important menu planning notes.

Breakfast [1]	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) *Unflavored low-fat (1%) or unflavored fat-free*		1% Milk	1% Milk	1% Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) [2, 3, 4]		Peaches	Banana	Mixed Fruit	Mandarin Oranges
Grains [5, 6] *Indicate "WGR" next to WGR menu items* Whole grain-rich (WGR) or enriched bread (½ slice) **or** WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) **or** WGR, enriched, or fortified cooked breakfast cereal [7], cereal grain [8], or pasta (¼ cup) **or** WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (⅓ cup) [7, 9]	MEMORIAL DAY NO SCHOOL	Muffin	Corn Flakes Cereal	Whole Wheat Bread	Yogurt
Other foods *(Do not credit)* [10]				Butter/Jam	NV Granola
Lunch [1]	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Milk (¾ cup) *Unflavored low-fat (1%) or unflavored fat-free*		1% Milk		1% Milk	1% Milk
Meat/Meat Alternates [11] Meat, poultry, or fish (1 ½ ounces) **or** tofu, soy product, or alternate protein products (APP) [12] (1 ½ ounces) **or** cheese (1 ½ ounces) **or** cottage cheese (⅜ cup) **or** egg (¾ large) **or** cooked dry beans and peas (⅜ cup) **or** peanut butter (3 tablespoons) **or** nuts and seeds (¾ ounce = 50%) [13] **or** yogurt or soy yogurt [14] (¾ cup)		Hamburger & American Cheese	EARLY DISMISSAL NO LUNCH	It's A Wrap Seasoned Chicken & Shredded Cheese	Breakfast for lunch Breakfast Sausage (Turkey)
Vegetables (¼ cup) [2, 3]		Corn off the Cobb		Lettuce cup/Salsa	Cooked Carrots
Fruits (¼ cup) [2, 4, 15]		Banana		Orange Smiles	Peaches
Grains [5] *Indicate "WGR" next to WGR menu items* WGR or enriched bread (½ slice) **or** WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) **or** WGR, enriched, or fortified cooked breakfast cereal [7], cereal grain [8], or pasta (¼ cup) **or** WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) [7, 9]		Whole Wheat Bun I*WGR		Whole Wheat Wrap *WGR	Mini Maple Waffle *WGR
Other foods *(Do not credit)* [10]		Fries/ketchup		Refried beans/rice	Potato Puffs/ketchup
Snack (AM or PM) [1, 16] ***Select 2 of 5***	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
1. **Milk** (¾ cup) *Unflavored low-fat (1%) or unflavored fat-free*					1% Milk
2. **Meat/Meat Alternates** [11] Meat, poultry, or fish (½ ounce) **or** tofu, soy product, or APP [12] (½ ounce) **or** cheese (½ ounce) **or** cottage cheese (⅛ cup) **or** egg (½ large) **or** cooked dry beans and peas (⅛ cup) **or** peanut butter (1 tablespoon) **or** nuts and seeds (½ ounce) [13] **or** yogurt or soy yogurt [14] (¼ cup)		Shredded Cheese		Sun Butter	
3. **Vegetables** (½ cup) [2, 3]		Salsa			
4. **Fruits** (½ cup) [2, 4]					
5. **Grains** [5] *Indicate "WGR" next to WGR menu items* WGR or enriched bread (½ slice) **or** WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) **or** WGR, enriched, or fortified cooked breakfast cereal [7], cereal grain [8], or pasta (¼ cup) **or** WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) [7, 9]		Tostitos		Ritz Cracker	Rice Cakes
Other foods *(Do not credit)* [10]	r	Sour Cream/Water		Jam/Water	Cream Cheese

Head Start Hot Lunch Menu
MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
APRIL 29: Popcorn Chicken	April 30: Oven Crispy Nuggets!	**1** Pasta Day Your Way! Pasta Meat Sauce Tossed Salad with Italian Dressing Grated Cheese Whole Wheat Dinner Roll Fresh Apple	**2** Chicken Teriyaki Nuggets! Teriyaki Chicken Nuggets Oriental Rice Sweet Peas Whole Wheat Dinner Roll Fortune Cookie Orange Smiles	**3** Grilled to Perfection Grilled Cheese Sandwich Hot Tomato Soup, Crackers Cucumber *Wheels* Peaches
6 Oven Crispy Nuggets! Breaded Chicken Nuggets Oven Baked French Fries Whole Wheat Dinner Roll Corn off the Cob Mixed Fruit	**7** Meatball Sub Day! Meatballs and Sauce Grinder Roll, Grated Mozzarella Cheese Oven Baked French Fries Chick Pea Salad Banana	**8** Pasta Day Your Way! Pasta Meat Sauce Tossed Salad with Italian Dressing Grated Cheese Whole Wheat Dinner Roll Fresh Apple	**9** Thanksgiving in May! Turkey and Gravy Mashed Potatoes Sweet Peas Whole Wheat Dinner Roll Orange Smiles	**10** Crisp from the Oven! Breaded Mozzarella Sticks Marinara Sauce Oven Baked French Fries Steamy Broccoli Spears Whole Wheat Dinner Roll Peaches
13 Golden Baked Chicken Pattie Chicken Pattie /Cheese Whole Wheat Bun Oven Baked French Fries Corn off the Cob Mixed Fruit	**14** These Dogs are Corny! Corn Dog (Turkey) Nuggets Oven Baked Potato Puffs Cooked Carrots Whole Wheat Roll Banana	**15** Pasta Day Your Way! Pasta Meat Sauce Tossed Salad with Italian Dressing Grated Cheese Whole Wheat Dinner Roll Fresh Apple	**16** Mexican Taco Salad! Taco Chips & Taco Meat Cheddar Cheese Lettuce Cup Spicy Salsa Spanish Brown Rice Refried Beans Orange Smiles	**17** My Fav- Mac and Cheese! Macaroni and Cheese Sweet Potato Fries Steamy Broccoli Spears Whole Wheat Dinner Roll Peaches
20 This Chicken is Popping! Breaded Popcorn Chicken Mashed Potatoes, Gravy Whole Wheat Dinner Roll Corn off the Cob Mixed Fruit	**21** EARLY DISMISSAL	**22** Pasta Day Your Way! Pasta Meat Sauce Tossed Salad with Italian Dressing Grated Cheese Whole Wheat Dinner Roll Fresh Apple	**23** EARLY DISMISSAL	**24** The "MAX" Pizza! Cheesy Pizza Square Oven Baked French Fries Steamy Broccoli Spears Peaches
27 MEMORIAL DAY NO SCHOOL	**28** Where's the Beef? Whole Wheat Bun Hamburger, American Cheese Oven Baked French Fries Corn off the Cob Banana	**29** EARLY DISMISSAL	**30** It's a Wrap-Mexican Style Seasoned Chicken Fajita Strips Shredded Cheddar Cheese Lettuce Cup Spicy Salsa Spanish Brown Rice Refried Beans Orange Smiles	**31** It's Breakfast for Lunch! **MINI** Maple Waffles Breakfast (Turkey)Sausage Link Oven Baked Potato Puffs Cooked Carrots Peaches

May in Room 1



We will be planting seeds this month. We will plant vegetable, flower, and grass seeds.

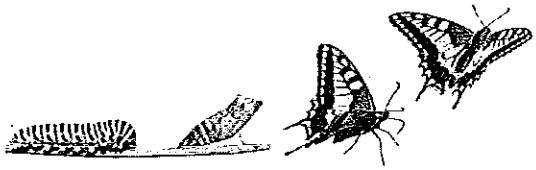
We will also learn about life cycles of a ladybug, frog, chick and a butterfly. We have caterpillars that will hatch into butterflies in our classroom. This is very exciting for the children. Make sure to ask your child about it. We will also learn some new songs and poems to go along with what we are studying in the classroom.

It would be helpful to read at least one book each night to your child. They love being read to and it is so important for their development.

Happy Birthday to Malachi (2), Gabriel (7), Eugene (27) and Alfredo (31)!

Mrs. Guile Miss Wendy

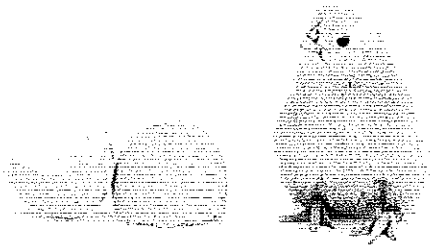
May News in Room 2



During the month of May we will be busy planting flowers and vegetables to learn how things grow and how to care for them.

We are taking our science outdoors with our magnifying glasses and looking for insects and worms.

The life cycle of the butterfly and chickens will be observed. Caterpillars will spin a chrysalis and become butterflies and eggs will be hatched. We will participate in the first weeks of a chicks life.



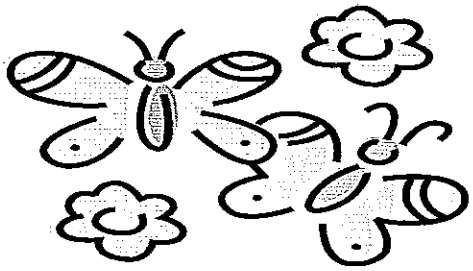
Ms. West will be meeting with you for a home visit this month.

May in Room 3

This month in room 3 we will be observing seeds and how plants grow. We will make observations outside as well as with our own plantings.

We are also going to learn about butterflies. The children will observe firsthand the life cycle of the butterfly. We will be documenting the progress through pictures and by learning new words. We will also continue to work on math and literacy skills.

*Please remember to send your children with sneakers and jackets. We love to play outside!!!



***<u>**REMINDER**</u>: The last home visits by the teachers will be taking place this month. Please expect our phone calls!!

Miss Brown Miss Candice

ROOM 4

This month we will be learning about the life cycle of the butterfly. We will observe our caterpillars grow into butterflies and then set them free. We will continue to do activities with letters and numbers.

Books to enjoy with your child:

Clara Caterpillar by Pamela Duncan Edwards
The Very Hungry Caterpillar by Eric Carle
It's Spring by Linda Glaser
The Tiny Seed by Eric Carle

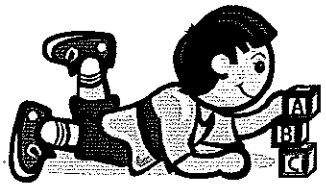
I look forward to meeting with each of you to discuss your child's progress this year at our final home visit!

Mrs. Smith Mrs. Young

May in Room 5

During the month of May we will be observing the changes that spring brings. We will be investigating insects and hope to see a caterpillar become a butterfly.

We will continue to practice our readiness skills; counting, writing, spelling names and shape, letter & number recognition. Please let me know if you have any suggestions for activities to do in the classroom.

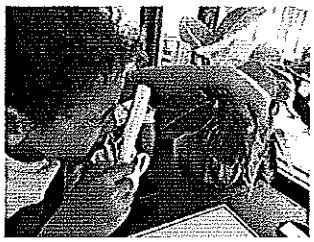


We will be doing home visits this month. We look forward to discussing your child's progress this year.

Mrs. Dynia~Ms. Louise~Miss Claire

May in Room 6

This month our focus will be on insects and other animals. The children will use magnifying glasses, binoculars and the microscope and other tools to explore. They will use their creativity to imagine what it is like to be that type of animal as they learn about their habitat. We will observe caterpillars change to butterflies and chicks hatch from their eggs.



Favorite Books

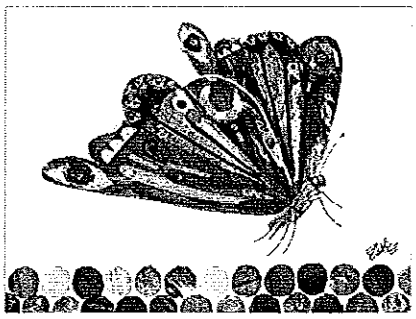
This month we will be reading many books by the author Eric Carle

The Very Hungry Caterpillar
The Very Quiet Cricket
The Grouchy Ladybug
The Very Busy Spider
10 Little Rubber Ducks

REMINDERS:

~ As it gets warmer we will be spending more time outdoors! Please dress your child in sneakers. Sandals and flip flops are not allowed on our playground for safety reasons.

~Please remember that it is important for children to wear sunscreen outside; please apply sunscreen to your child before he or she comes to school.



Mrs Lampro *Mrs. Nute*

ENFIELD HEAD START
MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02 **Parent Committee Meeting** 9:45 a.m.	03	04
05	06	07	08	09 **Family Game Night Alphabet Bingo** Rooms 1 & 4 5:00-6:00pm	10	11
12	13	14	15	16 **Family Game Night Alphabet Bingo** Rooms 2 & 3 5:00-6:00pm	17	18
19	20	21 **Early Release** Dismissal @ 10:55	22 **Family Game Night Alphabet Bingo** Rooms 5 & 6 5:00-6:00pm	23 **Early Release** Dismissal @ 10:55	24	25
26	27 **School Closed** Memorial Day	28	29 **Early Release** Dismissal @ 10:55	30	31	