

***Spin North Newsletter…A program proudly brought to you by Starpoint***

##### April 2019

Happy Spring from our SPIN Family to yours! I want to take a quick moment and thank you all for the support this year as we have experienced many transitions. I hope with everyone’s busy scheduled you and your family are able to find some time to enjoy the outdoors!

Every child is a different kind of flower and all together make this world a beautiful garden! – Unknown

Brittany Ruff, Center Director

**Infants:**

As we move into spring, please bring in or swap out appropriate clothing as they have grown so much.

We are going to be practicing using our utensils during meal times.

We will also be practicing some simple sign language. Feel free to ask us to show you!

Our song of the month will be Little Peter Rabbit! Have a Happy Spring!!!

Mrs. Alicia & Ms. Kaitlyn

**Toddlers:**

Yeah spring!!!

With the warm weather we will be exploring the outdoors. We hope to find some bugs and birds. We are looking for lizards too. We will talk to the children about our outside environment.

Our song of the month is *5 Green and Speckled Frogs.* We have been focusing on songs that include counting concepts.

As always please check cubbies and update clothing. Please be mindful of toys brought from home as we still have young ones.

Mrs. Kathy & Ms. Adriana

**Preschool Room 2:**

Happy spring!

We want to welcome our new Teacher Assistant Mrs. Danielle. She will fit right in with our class.

We are having so much fun with the insect study. Our class is full of children’s butterflies, ladybugs, and a giant caterpillar. Looking forward to a new study in April.

Mrs. Karen & Mrs. Danielle

Ms. Lorene

**Preschool Room 3:**

You may have noticed on the white cabinet a chart with clothespin on it. That is to help show you how your child’s day has gone. If they make it to Outstanding they get flower power which they can take off the board and take home with them!

Also new to our classroom is Mrs. Carol. She will be in our classroom on Tuesdays and Thursdays to help. Please give her a warm welcome next time you see her!

We hope each and every one of you get to get our and enjoy the beautiful Colorado weather as much as possible!

Ms. Brittany & Mrs. Virginia

**Preschool Room 6:**

Spring has sprung!

This month we will continue with our Music study. I am excited to introduce different sounds and musical styles from other cultures. The children will also have the opportunity to make simple instruments. If you or know someone who plays an instrument please feel free to talk with me and we can set up a visit date.

Gentle reminder – Please dress your child for the weather as we do go outside daily.

Mrs. Christine

SPIN NORTH EARLY CHILDHOOD CARE AND EDUCATION CENTER

April Menu

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1)**B-**oatmeal, mixed fruit, milk  **L-** chicken salad sandwiches w/ cranberries, cooked carrots, apple slices, milk  **S-**yogurt, peaches, water | 2) **B-**ww cinnamon tortilla, banana, milk  **L-**mac and cheese w/ beef, green beans, apricots, milk  **S-**celery w/ cream cheese, pears,water | **3) B-** ww english muffin w/ sausage and cheese, orange slices, milk  **L-**chicken bacon ranch penne, cucumber slices, apricots, milk  **S-** cottage cheese, pineapple, water | 4) **B-**ww french toast sticks, pears, milk  **L-**baked ham w/ pineapple, mixed veggies, ww bread, milk  **S-** apple slices, cheese **sticks**, water | 5) **B-**WW biscuits and gravy, bananas, milk  **L-** tuna noodle casserole, peas, mixed fruit, milk  **S-**carrot sticks, celery w/ ranch, milk |
| 8) **B-**WG cereal, orange slices, milk  **L-**pizza joes on bun, corn pears, milk  **S-** saltines, cucumber slices, water | 9) **B-**scrambled egg w/ tortilla, banana, milk  **L-**tuna salad sandwiches, carrot sticks, cucumber slices, milk  **S-** cottage cheese, peaches, water | 10) **B-**WG pancakes, applesauce, milk  **L-** grilled chicken breast on bun, french fries, mixed fruit, milk  **S-**hard boiled eggs, cheese, water | 11) **B-**yogurt parfaits w/ granola and pears, milk  **L-**Hawaiian Chicken w/ pineapple, cooked carrots, milk  **S-**trail mix and milk | 12) **B-**WW bagels w/ cream cheese, orange slices, milk  **L-**Ham and cheese rollups w/ lettuce &tomato, apple slices, carrot sticks, milk  **S-** cauliflower, broccoli w/ ranch, water |
| 15) **B-**oatmeal, peaches, milk  **L-**tuna pasta salad, cucumber slices, pears, milk  **S-**graham crackers, milk | 16) **B-**WG waffles, apricots, milk  **L-**chili mac w/ beans, peas, mixed fruit, milk  **S-**cucumber sandwiches, water | 17) **B-ww** toast w/ jelly, applesauce, milk  **L-** spaghetti w/ meat sauce, corn, banana, milk  **S-**celery w/ cream cheese, milk | 18) **B-**WG cereal, apple slices, milk  **L-**turkey sandwiches, orange slices, mixed veggies, milk  **S-**corn chips, cheese sauce, milk | 19) **B-**WW french toast sticks, apricots, milk  **L-**cheesy chicken & broccoli casserole, ww bread, peaches, milk  **S-**pretzel twists, milk |
| 22) **B-**WG english muffins w/ jelly, mixed fruit, milk  **L-**bean and cheese burritos, cooked carrots, orange slices, milk  **S-**hard boiled eggs, cucumber slices, water | 23) **B-** cream of wheat, peaches, milk  **L-**chili w/ beef, saltines, green beans mandarin oranges, milk  **S-**goldfish and milk | 24) **B-**ww bagels w/ cream cheese, pears, milk  **L-**chicken noodle casserole w/ mixed veggies, peaches, milk  **S-**carrot sticks, pears, water | 25) **B-**WW biscuits and gravy, mixed fruit, milk  **L-**tator tot casserole, crackers, corn, apple slices, milk  **S-**tortilla w/ cheese slice, water | 26) **B-**WG pancakes, applesauce, milk  **L-**tuna sandwiches, cucumber slices, orange slices, milk  **S-**trail mix, milk |
| 29) **B-**WG cereal, apricots, milk  **L-**indian corn w/ corn chips, banana, milk  **S-**yogurt, graham crackers, water | 30) **B-**scrambled eggs, peaches, milk  **L-**baked turkey, mashed potatoes, beets, bread, milk  **S-**carrots sticks, cauliflower w/ ranch, milk |  |  |  |

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​ Howdy Families!

April showers will bring May flowers! Hopefully not snow showers! Another family favorite for you to try. This one is tasty and a bit on the spicy side.

**Southwestern Casserole**

Total Time: Prep: 25 minutes Bake: 40 minutes Yields: 2 casseroles (6 servings each)

Ingredients:

* 2 cups (8oz) uncooked elbow macaroni
* 2 pounds group beef
* 1 large onion, chopped
* 2 garlic cloves, minced
* 2 cans (14 ½ oz each) diced tomatoes, undrained
* 1 can (16 ounces) kidney beans, rinsed and drained
* 1 can (6 ounces) tomato paste
* 1 can (4 ounces) chopped green chiles, drained
* 1-1/2 teaspoons salt
* 1 teaspoon chili powder
* 1/2 teaspoon ground cumin
* 1/2 teaspoon pepper
* 2 cups shredded Monterey Jack cheese
* 2 jalapeno peppers, seeded and chopped

Directions

1. Cook macaroni according to package directions. Meanwhile, in a large saucepan, cook beef and onion over medium heat, crumbling beef, until meat is no longer pink. Add garlic; cook 1 minute longer. Drain.

Stir in next 8 ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Drain macaroni; stir into beef mixture.

2. Preheat oven to 375°. Transfer macaroni mixture to two greased 2-qt. baking dishes. Top with cheese and jalapenos. Cover and bake at 375° for 30 minutes. Uncover; bake until bubbly and heated through, about 10 minutes longer. Serve one casserole. Cool the second; cover and freeze up to 3 months.

3. To use frozen casserole: Thaw in refrigerator 8 hours. Preheat oven to 375°. Remove from refrigerator 30 minutes before baking. Cover and bake, increasing time as necessary to heat through and for a thermometer inserted in center to read 165°, 20-25 minutes.

Enjoy! Stop by and tell me how you liked it.

Your Northside Cook

Tina Cook