

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

##### June 2019

Hey Families!

This is going to be a great summer here at North. Now that the school year is out I will be in the office. I am looking forward to seeing your faces around. We are working on doing a center wide planting/gardening activity so be looking for that info. Hope you all are enjoying the start of summer! Brittany Ruff, Center Director “And at the end of the day your feet should be dirty, your hair messy, and your eyes sparkling.” – Shanti

**Toddlers:**

Theme: The Outdoors

Song: Row, Row, Row Your Boat

This month we are going to take advantage of the nice weather by going outside more. We will be learning all about the great outdoors. We also ask that you bring in a family photo to put on our family wall. Yay Summer time!!!

Ms. Adriana

**Infants:**

Song: Bringing Home a Baby Bumblebee

As warm weather is upon us we will be spending more time outside. Please check your child’s cubby to make sure their clothing is weather appropriate.

As a reminder we do apply sunscreen daily. If you prefer your child to use a specific kind please bring it in.

As we go outside we will be enjoying some water play. Please bring in extra clothing or water appropriate clothing.

Mrs. Alicia & Ms. Kaitlyn

**Preschool Room 2:**

WOW! Summer is here already!

Our class had so much fun with the Ball Study!

Some changes are happening in Room 2. Miss. Karen will now be in the classroom for a couple of hours in the morning. Mrs. Christine will be taking her place and we are so happy to have a familiar face in our classroom!

Mrs. Danielle will remain in our classroom. Have a great summer!

Mrs. Karen & Mrs. Danielle

Ms. Lorene

**Kitchen:**

June is here already. Where did this school year go to? I want to say it was great getting to know you this year. I will miss those that are heading to Kindergarten!! But I am so proud of all of you!!! The recipe I am sharing this month is one my family really likes. It is very easy and fun to make. Also for those families that need, you can make this with Gluten free products! I have seen gluten free cream soups and noodles on the shelves lately!

Ham it up Spaghetti

* 1 package (16 ounces) spaghetti, broken into 2-inch pieces
* 2 cans (10-3/4 ounces each) condensed cream of mushroom soup, undiluted
* 1-3/4 cups whole milk
* 1 tablespoon dried minced onion
* 2 teaspoons dried parsley flakes
* 1 teaspoon Worcestershire sauce
* 2 cups cubed fully cooked ham (about 1 pound)
* 2 cups shredded cheddar cheese

Directions

1. Cook spaghetti according to package directions. Meanwhile, in a large bowl, combine soup, milk, onion, parsley and Worcestershire sauce. Drain spaghetti; add to soup mixture with ham.
2. Transfer to a lightly greased 2-1/2-qt. baking dish. Sprinkle with cheese. Cover and bake at 375° for 15 minutes. Uncover and bake 5 minutes longer or until lightly browned and heated through.

Okay Families! Have a wonderful month and we will see you through the kitchen door.

Tina Cook your Northside Cook!

**Preschool Room 3:**

Closed for the summer!

SPIN NORTH EARLY CHILDHOOD CARE AND EDUCATION CENTER

June Menu

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3)**B**- WG french toast sticks, mandarin oranges, milk  **L**- Beef w/ broccoli and brown rice, orange slices, milk  **S**- WG pretzel rods w/ cheese sauce, milk | 4)**B**- cream of wheat, peaches, milk  **L**- chicken pasta salad w/WG noodles, apple slices, cooked carrots, milk  **S**- hardboiled eggs, saltines, water | 5)**B**- WG cereal, mixed fruit, milk  **L**- ham and beans, beets, pears, WG bread, milk  **S**-cheese sticks, orange slices, water | 6)**B**- WG pancakes, banana, milk  **L**- Tuna salad sandwiches, apricots, cucumber slices, milk  **S**- celery and carrot sticks w/ almond butter, water | 7)**B**- WG english muffin w/ jelly, applesauce, milk  **L**- Turkey gravy w/ mashed potatoes, peas, WG bread, milk  **S**- cottage cheese w/ pineapple, water |
| 10)**B**- oatmeal, mixed fruit, milk  **L-** Johnson’s temptation, saltines, corn, peaches, milk  **S**- WG tortillas w/ cheese slice, water | 11)**B**- WG biscuits and gravy, orange slices, milk  **L**- red beans and brown rice, carrot sticks, cucumber slices, milk  **S**- WG graham crackers, milk | 12)**B-** WG tortilla w/ cinnamon, banana, milk  **L**- Beef Sheppard’s pie, mixed veggies, pears, crackers, milk  **S**- celery, cauliflower w/ ranch, water | 13)**B**- WG bagels w/ cream cheese, apple slices, milk  **L**- Chicken & bean Nachos w/ corn chips, beets, apricots, milk  **S**- cucumber sandwiches, water | 14)**B**- WG waffles, applesauce, milk  **L**- Rotini bake w/ beef and WG noodles, green beans, mandarin oranges, milk  **S**- yogurt, apple slices, water |
| 17)**B**- WG cereal, bananas, milk  **L**- sloppy joes on WG bun, corn, apricots, milk  **S**- Celery w/ cream cheese, peaches, milk | 18)**B**- scrambled eggs, WG toast, applesauce, milk  **L**- turkey and cheese sandwiches, mixed veggies, orange slices, milk  **S**- cottage cheese and peaches, milk | 19)**B**- cream of wheat, mixed fruit, milk  **L**- tuna pasta salad WG noodles, cucumber slices, apples slices, milk  **S**-toast w/ jelly, milk | 20)**B**- WG pancakes, pineapple, milk  **L**- WG chicken nuggets, carrot sticks, orange slices, milk  **S**-goldfish, milk | 21)**B**- WG english muffins w/ sausage and cheese, pears, milk  **L**- chili cheese fries, green beans, saltines, mixed fruit, milk  **S**-cheese sandwiches, water |
| 24)**B**- WG cinnamon toast, applesauce, water  **L-** Hamburger on WG bun, mixed veggies, cucumber slices, milk  **S**- hardboiled eggs, apple slices, water | 25)**B**- WG french toast sticks, bananas, milk  **L-** WG mac & cheese w/ ham, corn, peaches, milk  **S**- cucumber sandwiches, water | 26)**B**- WG biscuits w/ jelly, orange slices, milk  **L**- chicken enchilada casserole w/corn tortillas, green beans, mixed fruit, milk  **S**- pretzel rods w/ cheese sauce, milk | 27)**B**- scrambled eggs w/ WG tortillas, pears, milk  **L**- tuna noodle casserole, beets, apple slices, milk  **S**- cheese sticks, bananas, water | 28)**B-** WG waffles, peaches, milk  **L-** Bean and Cheese burritos w/ WG tortillas, peas, apricots, milk  **S-** yogurt, graham crackers, water |
| 3)**B**- WG french toast sticks, mandarin oranges, milk  **L**- Beef w/ broccoli and brown rice, orange slices, milk  **S**- WG pretzel rods w/ cheese sauce, milk | 4)**B**- cream of wheat, peaches, milk  **L**- chicken pasta salad w/WG noodles, apple slices, cooked carrots, milk  **S**- hardboiled eggs, saltines, water | 5)**B**- WG cereal, mixed fruit, milk  **L**- ham and beans, beets, pears, WG bread, milk  **S**-cheese sticks, orange slices, water | 6)**B**- WG pancakes, banana, milk  **L**- Tuna salad sandwiches, apricots, cucumber slices, milk  **S**- celery and carrot sticks w/ almond butter, water | 7)**B**- WG english muffin w/ jelly, applesauce, milk  **L**- Turkey gravy w/ mashed potatoes, peas, WG bread, milk  **S**- cottage cheese w/ pineapple, water |

**The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual’s income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the department.  (Not all prohibited bases will apply to all programs, the first 6 protected bases of race, color, national origin, age, disability and sex are the 6 protected bases for applicants and recipients of the child nutrition programs.)**

**If you wish to file a civil rights program complaint of discrimination, complete the USDA program discrimination complaint form, found online at** [**http://www.ascr.usda.gov/complaintfilingcust.html**](http://www.ascr.usda.gov/complaintfilingcust.html)**, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Ave., S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at** [**program.intake@usda.gov**](mailto:program.intake@usda.gov)**. For individuals who are deaf, hard of hearing, have speech disabilities may contact USDA through the federal relay service at (800) 877-8339; (800) 845-6136 (Spanish)USDA is an equal opportunity provider and employer**.