

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

##### October 2019

Hey Families!

Happy fall everyone! I hope everyone has adjusted to being back at school!

There will no school for our preschool only kiddos or those who are CPP only.

We will be doing “Old Time Photos” October 24th & 25th. There will be a separate viewing day for family to look at. More information to come!

Please join us for Fall Fest at the Abby on October 24th from 5:00-7:00. Brittany Ruff, Center Director

“Autumn shows us how beautiful it is you let things go.” – Unknown

**Infants:**

This month in the infant room we will be starting to working on sign language for the kiddos to help communicate. We will be doing *more, please, milk,* and *all done.* Please feel free to ask us to show you the signs so you know them also.

We are working on a special art project that includes our names, so please look for those. We are still getting new friends so that is very exciting! Please bring in family pictures if you haven’t done so. Also bring in extra clothes for their cubby.

Ms. Kaitlyn & Mrs. April

**Toddlers:**

Happy fall!!! We would like to remind you to please check your child’s cubby and make sure sizes are appropriate, also that there are warmer clothes as the weather is becoming cooler and we are spending more time outside.

Thank you to all who have brought in our family pictures for our family wall!

As many of you know, Mrs. Alicia is expecting a baby very soon, so she will be taking maternity leave sometime in October. Mrs. Chandra will be joining our classroom for the first week of the month to get to know the kiddos, and our routines so it will be a smooth transition for the kids.

Our song of the month is “I’m a little pumpkin” (sang to the tune of “I’m a little teapot”).

Ms. Adriana & Mrs. Alicia

**Preschool Room 2:**

We have started our Tree Study just in time for fall! As we learn about trees, what they grow, and what living things use trees; we encourage all families to share outdoor experiences with your children. Examples include apple picking, pumpkin patches, and corn mazes. Take pictures and bring them in so your child can share it with us at circle time.

Mrs. Danielle & Mrs. Danielle

Ms. Lorene

**Kitchen:**

Howdy Families!!!

Fall is finally here. Time for some soups to warm our bones on the chilly nights. I love soup!!! Not many kids can say no to pizza. So how about Pizza Soup? I have been making this for over 20 years and everyone loves it!!

**Pepperoni and Sausage Soup**

Ingredients:

* 1-1/4 cups sliced fresh mushrooms (I use canned)
* 1/2 cup finely chopped onion (I use dried minced onion 1/4 cup)
* 1 teaspoon canola oil
* 2 cups water
* 1 can (15 ounces) pizza sauce
* 1 cup chopped pepperoni
* 1 cup chopped fresh tomatoes ( I use 14 oz diced tomatoes)
* 1/2 cup cooked Italian sausage
* 1/4 teaspoon Italian seasoning
* 1/4 cup grated Parmesan cheese
* Shredded part-skim mozzarella cheese

Directions

1. In a large saucepan, saute mushrooms and onion in oil for 2-3 minutes or until tender.
2. Add the water, pizza sauce, pepperoni, tomatoes, sausage and Italian seasoning. Bring to a boil over medium heat.
3. Reduce heat; cover and simmer for 20 minutes, stirring occasionally.
4. Before serving, stir in Parmesan cheese. Garnish with mozzarella cheese.

We enjoy this with a slice of garlic bread and a green salad.

Have a wonderful month and...

I will see you at the kitchen door!

Your Northside Cook

Tina Cook

**Preschool Room 3:**

Wow!!!! Its October already! It’s hard to believe we have been in school for 6 weeks. It has been a very exciting time for both of us.

Ms. Sami and I want to give a big THANK YOU to all our amazing families for the donated school supplies. We are so appreciative for everything!

On Thursday October 31st and Friday November 1st we will be having a pajama day. A sign-up sheet will be available with more information as the time approaches.

\*\*\*Reminders: As the weather changes please dress accordingly, layers would be great. \*\*\*

Mrs. Christine & Mrs. Samantha

SPIN NORTH EARLY CHILDHOOD CARE AND EDUCATION CENTER

October Menu

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 1)**B**- WG cereal, bananas, milk  **L**- Macaroni & Cheese w/beef, green beans, mandarin oranges, milk  **S**- cucumber sandwiches (WG bread), water | 2)**B**-WG French toast, apricots, milk  **L**- Chicken Parmesan, corn, pears, WG bread, milk  **S**-WG cinnamon toast, milk | 3)**B**- scrambled eggs, WG toast, apricots, milk  **L**- turkey gravy over mashed potatoes, WG bread, mixed fruit, milk  **S**- saltines, cheese sticks, water | 4)**B**- oatmeal, mixed fruit, milk  **L**- sloppy joes on WG bun, French fries, pears, milk  **S**- yogurt, peaches, water |
| 7)**B**- WG pancakes, orange slices, milk  **L-** Tuna Salad Sandwich on WG bread, cucumber slices, carrot sticks, milk  **S**- Graham Crackers, Applesauce, water | 8)**B**-WG bagel w/ cream cheese, apples, milk  **L**- Turkey & Cheese roll ups w/ WG tortilla, green beans, bananas, milk  **S**-celery w/ almond butter, saltines, water | 9)**B-** WG toast w/jelly, apricots, milk  **L**- Tator tot casserole w/beef, mixed veggies, saltines, milk  **S**-soft pretzels w/ cheese sauce, milk | 10)**B**- WG biscuits & gravy, mandarin oranges, milk  **L**- Red beans and brown rice, green beans, pineapple, milk  **S**- carrot sticks, cheese sticks, water | 11)**B**- cream of wheat, peaches, milk  **L**- Mac & Cheese w/ ham, beets, pears, milk  **S**- cottage cheese, mixed fruit, water |
| 14)**B**-yogurt parfaits w/ granola, peaches, milk  **L**- Indian Corn w/ WG corn chips, green beans, milk  **S**- trail mix, milk | 15)**B**- oatmeal, pears, milk  **L**- ham pasta salad, peas, peaches, milk  **S**- WG cinnamon toast | 16)**B**- WG waffles, applesauce, milk  **L**- Bean & Cheese Burritos in WG tortillas, carrots, oranges, milk  **S**-cucumber slices, carrot sticks, ranch and water | 17)**B**- WG cereal, pineapple, milk  **L**- Beef Stroganoff WG noodles, Mixed veggies, apricots, milk  **S**- saltines, cheese slices, water | 18)**B**- WG cinnamon toast, mandarin oranges, milk  **L**- ham and beans, WG bread, peas, pears, milk  **S**- yogurt, bananas, milk |
| 21)**B**-WG biscuits & gravy, orange slice, milk  **L**- chicken nuggets, tator tots, green beans, milk  **S**- yogurt w/ graham crackers, milk | 22)**B-** WG cereal, oranges, milk  **L**- beef tacos W/ corn shell, lettuce, tomato, corn, apricots, milk  **S-** pretzels, milk | 23)**B**- cream of wheat, pears, milk  **L**- grilled chicken breasts on WG buns, French fries, apples, milk  **S**- cucumber sandwiches on WG bread | 24)**B-** scrambled eggs, WG toast, apricots, milk  **L-** Baked turkey, mashed potatoes, mixed veggies, WG bread, milk  **S-** hardboiled eggs, goldfish and water | 25)**B-** WG French toast, mixed fruit, milk  **L-** Tuna WG noodle casserole, peas, apples, milk  **S-** bananas, cheese slices, water |
| 28)**B**- WG bagel w/ cream cheese, peaches, milk  **L-** Chili w/ beef, green beans, mixed fruit, saltines, milk  **S**-pretzels, apples, milk | 29)**B**- WG waffles, applesauce, milk  **L-** baked ham, pineapple, mixed fruit, WG bread, milk  **S**- saltines, cheese slices, water | 30)**B**- WG cinnamon, tortilla, banana, milk  **L**- Beef shepherd’s pie, w/ mashed potatoes, WG bread, mixed veggies, milk  **S**- broccoli, celery w/ranch, water | 31)**B**- WG English muffin w/ jelly, pears, milk  **L**- Tuna WG pasta salad, peas, oranges, milk  **S**- apples and cheese, water |  |

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\*\*All milk served to participants is unflavored, all participants 2 years and older are served low-fat (1%) milk and children under 1 year old are served whole milk WG- whole grain

