



# Little Noles

February 2015

The newsletter of the Florida State University's Childcare & Early Learning Programs



*The best protection against measles is immunization.*

## Measles: What you need to know

Dear Parents,

With the recent media reports about a measles outbreak in the US, we wanted to provide you with information about the signs and symptoms of measles, immunization, and our policy on sick children and communicable diseases.

According to the Florida Department of Health there are no current confirmed cases of measles in Florida. Measles is a highly contagious virus that is spread through the air when an infected person breathes, coughs or sneezes. The **symptoms of measles** begin about seven to 14 days after a person is infected and include blotchy rash, cough, feeling run down, achy, fever, red, watery eyes, runny nose, and tiny white spots with bluish-white centers found inside the mouth. Typically measles begins with a mild to moderate fever, cough, runny nose, red eyes and sore throat. Tiny white spots may appear inside the mouth after 2-3 days. In 3-5 days a red or reddish-brown rash appears, usually beginning on the face at the hairline and spreading down-

ward. A spike in fever to more than 104 degrees Fahrenheit may occur after the rash appears. After a few days, the fever usually subsides and the rash fades.

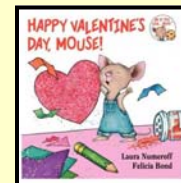
The best protection against the virus is **immunization**. According to the Center for Disease Control and the American Academy of Pediatrics the vaccine for measles, mumps and rubella (MMR) is safe and effective. Infants do not receive their first round of MMR shots until 12 months and some individuals with autoimmune problems cannot receive the vaccine. This means that they are more susceptible to infection. Parents should talk with their child's doctor about traveling internationally with children who have not been immunized, any concerns that have regarding the safety and schedule of the vaccine.

**Children who become ill while at the center**, will be removed from contact with other children. The staff will call the parent to pick up and take their

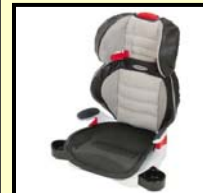
*Continued on page 9*

"You don't have to wait until Valentines Day to show someone how much they mean to you."

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## Tuition Rates 2014-2015

**Effective January 1, 2015**

### Infant and Toddler Center

Pell Recipient/Eligible student parent	\$536
Military Connected Family student parent	\$603
FSU Student	\$670
FSU Faculty/Staff	\$749
Alumni/Community	\$817

### Children's Center

FSU Student	\$529
FSU Faculty/Staff	\$631
Alumni/Community	\$885

### VPK Parent Portion

FSU Student	\$237
FSU Faculty/Staff	\$339
Alumni/Community	\$593

**Tuition Rates.** Tuition rates are assessed according to parent status. Non-refundable registration fee \$10 upon enrollment and each Sept. 1, thereafter. Tuition is calculated on 44 weeks of care or 11 months. Tuition is not charged in August. Tuition is due on the first day of the month; late by the 10th day.

#### **Student Rate**

Undergraduate parents must be registered for a minimum of 6 hours and graduate student parents must be registered for a minimum of 3 semester hours. During the summer semester, if a student parent is not enrolled, to receive the student rate during the summer semester, the parent must be registered as student for the preceding spring semester and upcoming fall semester.

**Pell Recipient/Eligible student** (*under Infant and Toddler Center CCAMPIS Grant*) To receive the Pell Grant student parent rates, the parent must be eligible to receive or be receiving Pell Grant funds.

**Military Connected Family student** (*under Infant and Toddler Center CCAMPIS Grant*)

To receive the Military connected student parent rate, the student must be in veteran or active duty status or have a spouse in veteran or active duty status.

#### **Faculty/Staff Rate**

Parents must be employed as an FSU faculty member, OPS, USPS or A&P staff member, FSU Visiting Scholar/ Researcher /Post Doc. FSU employees enrolled as special students or as a student using the university tuition waiver will receive the Faculty/Staff rate.

**School Readiness Subsidies.** Parents will be responsible for paying the full amount of tuition at the stated rate above before the 10<sup>th</sup> of each month. Any subsidies from the School Readiness Program will be applied as a credit to your account when it is received from the agency.

School Readiness Program provides *tuition assistance to eligible families who are working and/or attending school for a minimum of 20 hours per week.* See more at: <http://www.elcbigbend.org/Parents/School-Readiness-Waitlist#sthash.pKz5MBPj.dpuf>



## **FSU Child Development Program Contact Information**

**FSU Child Development Programs**  
*Monday-Friday 7:30 AM- 5:30PM*

Associate Director, Tiffany Karnisky  
850-644-5664  
tkarnisky@admin.fsu.edu

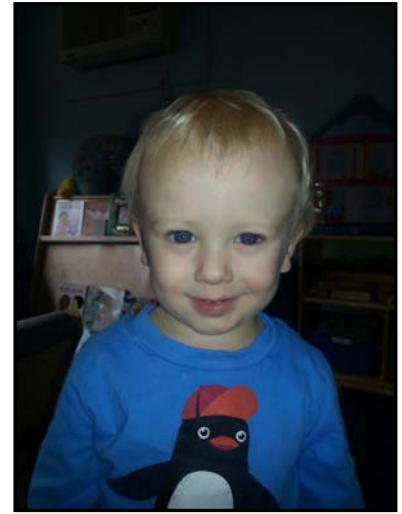
Program Associate, Brenda Thompkins  
Grants Analyst, Bill Stacey  
Telephone: 644-7970  
Fax: 644-8565  
157-01 Herlong Drive  
Tallahassee, FL 32310-4174

**Infant and Toddler Center**  
DCF License #C02LE0260  
*Monday-Friday 7:30 AM- 5:30PM*  
Center Director, Dana Johnson  
Telephone: 644-0003  
330 Pennell Circle #1  
Tallahassee, FL 32310

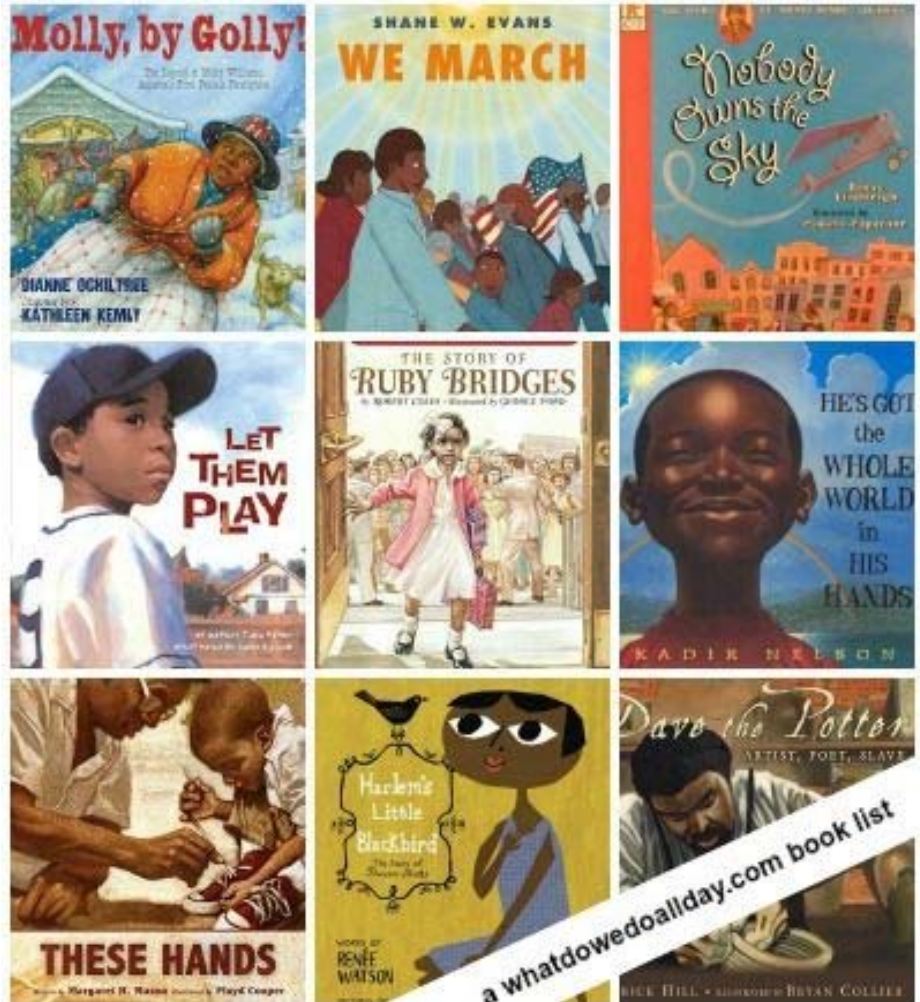
**Children's Center**  
DCF License #C02LE0519  
*Monday-Friday 7:30AM- 5:30PM*  
Center Director, Beth Roberts  
Telephone: 645-9576  
169 Herlong Drive  
Tallahassee, FL 32310

**FSU REGISTRAR  
CALENDAR**

2/13	Final payment for installment contracts due. Financial Aid Deferments Expire.
2/20	<p><b>End of seventh week of semester.</b>                  Last day to submit form requesting S/U grading or to change S/U option back to regular grade.                  Last day to reduce course load without permission of academic dean. Dean's permission required to drop below twelve semester hours. Last day to drop a course without receiving a grade. Last day to withdraw from school without receiving a grade. Last day for doctoral students to take and pass their preliminary examination in order to add or convert dissertation hours for the current semester. Last day to petition to reinstate class schedule cancelled for nonpayment of tuition.</p>



**Black History Month:  
10 Picture Books**



a [whatdowedoallday.com](http://whatdowedoallday.com) book list



**WHAT'S HAPPENING?**

**On Campus**

- <http://calendar.fsu.edu/Lists/Calendar/calendar.aspx>
- <http://union.fsu.edu/events/>

**Around Town**

- <http://fun4tallykids.com/Calendar/week.listevents/2014/06/03/>
- <http://www.visittallahassee.com/events/>



**Tour Columbus' Nina and Pinta**

**When:** 2/13/15-2/22/15

**Where:** Riverside Café, 69 Riverside Drive, St. Marks, FL 32355

Both The Niña and Pinta will be touring together as a new and enhanced

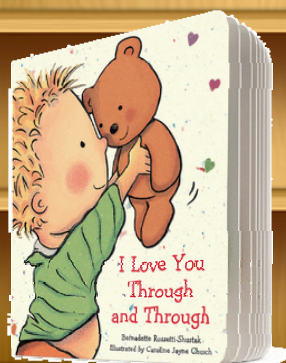
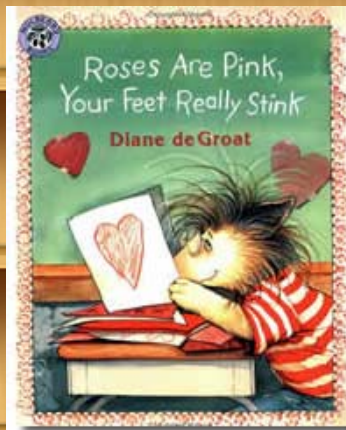
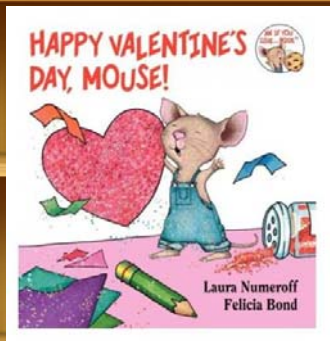
'sailing museum', for the purpose of educating the public and school children on the 'caravel', a Portuguese ship used by Columbus and many early explorers to discover the world. They will be docked in St. Marks Feb. 13-22. Ships are available for tours daily from 9 a.m. to 6 p.m. Admission is \$8.00 for adults, \$7.00 for seniors (age 60+), \$6.00 age 5-16, age 4 and under are free.

**Free "Sky Guy" Planetarium Show**

**When:** Saturday, 2/7/15, 10-11 am  
**Location:** Challenger Learning Center  
 200 South Duval Street Tallahassee, FL 32301

Come down to the Downtown Digital Dome Theatre and Planetarium and **enjoy a free planetarium show on the first Saturday of each month at 10:00am.** The Monthly sky over Tallahassee will be reviewed including prominent constellations, stars and planets.

*Books to read on Valentine's Day*



Last month we worked on all things Winter, from Winter Holidays to Winter Animals. We enjoyed making snowballs out of white play dough and playing with our farm animals in the “snow” (shaving cream).

We also went on a winter adventure outside by going on nature walks and enjoying the invigorating cooler weather that Winter has brought us! We painted glitter snowflakes, made penguins, snowmen and polar bears to name a few. We read one of our all-time favorite books, *The Bear Snored On* by Karma Wilson and Jane Chapman. It is about a bear that hibernates in the winter. We had fun playing outside and making “snow angels” in the sandbox.

This month we will be working on Valentine’s Day for the first half of the month then we will celebrate the Chinese New Year! Year 2015 is the Year of the **Sheep** by the Chinese calendar. **Happy Chinese new year.** Fun, friends, frolic and food, that is all New Year celebrations is all about. We will finish out the month working on Community Helpers.

For Valentine’s Day, we will paint with red, purple, pink and white. We will make Valentine’s Day Cards for our families and stained glass hearts to hang in the windows. We will make sheep, lanterns and fireworks to name just a few of our Chinese New Year projects. The fire truck and the police car will and visit with us as well! We will also have a police officer and a fireman read to the children during circle time. We can’t wait!! We will also make heart wreaths and collages. We will color fire trucks and make a community helper collage. We will paint with our community helper trucks; we always have so much fun having them make tire tracks in the paint! We will read *Counting Kisses* by Karen Katz and *Firefighters A to Z* by Chris L. Demasrest along with some of our other favorites. We will sing songs like “I love you, you love me” and “5 little police



cars.” We will make, bake, and decorate sugar cookies for Valentine’s Day.

Point out fire trucks, police cars or ambulances that you may see out and about. If you have any books about Valentine’s Day, read them with your child. Also you can point out all of the Valentine’s Decorations in the stores that you may see.



**Reminder: Make sure your child has an appropriate change of clothes in his/her cubby for the changing weather. Thank you.**

The New Year is off to a splendid start at the Children's Center. In January, the children participated in a four week study about cities that included topics such as buildings, construction and transportation. The story of The Three Little Pigs provided an excellent starting point for the study. The children investigated various building materials, tools and discussed several of the vehicles commonly found in cities. The children enjoyed sharing about their places of birth and some of the buildings and forms of transportation there! Thank you parents for helping with this activity!

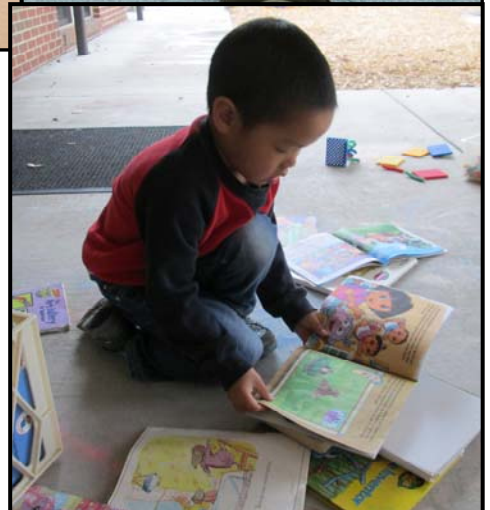
February will be a busy month full of various topics! We will celebrate Groundhog Day, Valentine's Day, President's Day and the Lunar New Year. Intermingled with these celebrations will be topical studies on the seasons, hibernation, and dental hygiene. A few of the creative arts projects the children will engage in are making a tissue paper seasons collage, crafting valentines, and painting with toothbrushes. February's musical highlights will include learning songs like "Skidamarink" and dancing to "Shadow Dancing." Tooth is Loose Dr. Moose! by Teresa Johnson, Henry in Love by Peter McCarty and Who Will See Their Shadows This Year by Jerry Pallotta will be a few of the books we will share this month. February's letters are **S** for spring, summer, and shadow and **K** for kite and kisses. The color of the month is **red**. The numerical focus will be on the numbers 10-20.

There will be a Valentines exchange on Friday, February 14th. The children are welcome to bring treats (NUT FREE!) for all the friends in the class. Lists and more information will follow. We will also be celebrating Lunar New Year on Thursday, February 19th. Parents are invited and encouraged to participate in the festivities. If you are able to help, please talk with your child's classroom teacher.

To reinforce what your child is learning, assist him/her in observing the changes in the weather. Sunny, rainy, foggy, and cloudy are some of the terms used frequently in their classrooms to describe the weather. Help children recognize temperature differences, noting days that they need a coat and those that they don't. Reinforce good dental hygiene practices. This might be a fun time to purchase a new toothbrush together! Creating Valentines together is always a wonderful time. This is a great time for your child to practice their handwriting skills by writing their friends names.

Our doors are always open to receive your questions, comments and/or concerns. I hope you were all able to take advantage of the opportunity to meet with your child's teacher for the end of semester parent conferences. This is a great opportunity to share with your child's teacher

regarding your child's early learning progress. This enables us to more closely partner with you in providing the very best preparation for your child's future school/life success. Best wishes as you endeavor to study, work and parent! These are competing roles that are by no means an easy task to balance.



## Changes in Florida's Child Restraint Law (Booster Seats)

### What is changing about Florida's Child Restraint Law?

Beginning January 1, 2015, children aged 4 and 5 must be secured in a crash-tested, federally approved child restraint device such as child safety seat **or** a booster seat. Previously, 4 and 5 year-olds could be restrained with just a seatbelt, but this is no longer the case; the seat belt must be used in conjunction with a booster seat.

### Are there any exceptions to this requirement?

Yes, 4 and 5 year-olds can be secured with just a seatbelt if the child:

- 1) is being given a ride as a favor by someone who is not a member of their immediate family
- 2) is being transported in a medical emergency; or,
- 3) has a medical condition documented by a health professional that necessitates an exception.

### Do public transport vehicles have to provide car seats/booster seats?

No. It is the obligation and responsibility of the parent, guardian, or other person responsible for a child's welfare to provide child restraint seats in motor vehicles hired for transporting persons in exchange for compensation (e.g., taxi, bus, limousine, motor coach, etc.).

### Can a 3 year-old ride in a booster seat?

No. Children age 3 and under must be secured in a separate carrier (a car seat that is attached to the vehicle's seat) or a vehicle manufacturer's integrated child seat.

### When will my child be ready for just a seatbelt?

Many children need booster seats even beyond the age of 5, depending on the size of the child and where the seatbelt crosses the body. The following recommendations can help you



See §316.613 (2014) Fla. Stat, for more information on Child Restraint Requirements. To locate the nearest child car seat inspection station, visit: [www.safercar.gov/cpsApp/cps/map/findfitting.htm?q\\_State=FL&q\\_Zip](http://www.safercar.gov/cpsApp/cps/map/findfitting.htm?q_State=FL&q_Zip).

determine if your child is ready to wear a seatbelt without a booster seat:

- the child is at least 4'9" tall;
- the child can sit all the way back in the seat and bend knees at the edge of the seat;
- the shoulder belt lays across the chest, not the neck;
- the lap belt lays across the upper thighs, not the stomach.

### Facts & Figures:

- Riding while improperly restrained is one of the reasons traffic accidents are the leading cause of death for American children ages 5 to 14. [NHTSA]
- Children ages 2 to 5 who use safety belts prematurely are four times more likely to suffer a serious

head injury in a crash than those in child safety seats or booster seats. [Safekids.org]

- Booster seat use reduces the risk for serious injury by 45% for children aged 4–8 years when compared with seat belt use alone. [Centers for Disease Control and Prevention]
- In 2013, 5 children were killed and 150 injured in Florida traffic crashes as a result of improper or no child restraint use. As of 12/24/14, 5 children have been killed and 145 injured for the same reason in 2014. [Department of Highway Safety and Motor Vehicles]



 *Learning!*





child home. It is expected that the child will be on his/her way home within an hour of calling the parents. For parents who cannot be reached, the center director will call the emergency contacts listed on the release form. It is important that emergency contacts are local ones i.e. in Tallahassee or within less than an hour's drive. Parents may be assessed the costs of one-to-one care for children who are ill and who have not picked up their child within one hour of contact. Parents are expected to let the center director or their child's teacher know if they have noted a change that may indicate the beginning signs of illness so the teacher can be especially watchful that day.

Florida law does not allow children to remain in a center if the child has a communicable disease or the symptoms of a communicable disease. Measles are a communicable disease. We are required to report to the local health department any communicable disease occurring at our centers. **Our policy on communicable diseases** states that "Parents must notify the director of the center within 24 hours if the child has a suspected or known communicable disease." Our program will notify all parents about any incidence of communicable diseases in the center, without divulging the child's name who contracted the illness. The usual means of communication (email, notes to parents, postings) will be used to inform our parents about the nature of illness, its signs, symptoms and other precautionary/prevention/palliative measures that may be taken.

FSU Child Development Programs reserves the right to request that any child who appears too ill to participate fully in the program or who may place other children at risk of exposure to illness to remain out of the school until fully recovered. In order to protect all children, parents and staff in the program, **we will request a medical release to return to the center from the child's doctor following any absences as a result of a communicable disease.**

We all have an important part to play in ensuring that everyone, from child to parent to staff, participating in our program is healthy and safe.

Wishing you a safe, healthy and happy February!

Sincerely,  
The FSU Childcare Team

Sources: (<http://www.floridahealth.gov/diseases-and-conditions/vaccine-preventable-disease/measles/>); <http://www.cdc.gov/measles/about/signs-symptoms.html>; <http://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-President-Urges-Parents-to-Vaccinate-Their-Children-Against-Measles.aspx>; <http://childcare.fsu.edu/For-Parents/Family-Handbook>



## Sick Children

### You will be called if:

- Your child has a fever, 100 degrees or above
- Your child has 2 loose stools within the day
- Your child has a rash
- Your child is vomiting
- Your child has pink eye (conjunctivitis)
- Your child has lice
- Your child has any discharge from eyes, ears or nose
- Your child has a persistent cough
- Your child has a sore throat
- Your child has any other sign or symptom of illness

### Your child may return to the center:

- 24 hours after fever is gone **without the use of fever reducers**
- 24 hours after first medication is administered for strep throat
- 24 hours after insecticidal shampoo has been applied and all lice, lice eggs and egg cases removed for lice.
- Eye(s) completely clear (no discharge) after pink eye
- No discharge, no fever and all sores scabbed over in chicken pox
- Five days after rash in measles
- No fever and 9 days after swelling began with mumps



# Measles & the MMR Shot

FloridaHealth.gov • Florida Department of Health

## Measles is a respiratory disease.

Measles affects the lungs and breathing tubes. It causes fever, cough and rash. Measles is very contagious, and can be deadly.

Measles remains common outside of the U.S.—it is only a plane ride away.



## Measles can be serious.

Measles can be serious, especially for babies and young children. From 2001–2013, 28% of children younger than 5 years old who had measles had to be treated in the hospital.

For some children, measles can lead to:

- Pneumonia, a serious lung infection
- Lifelong brain damage
- Deafness
- Death



## Measles is very contagious.

- Measles spreads when an infected person breathes, coughs or sneezes.
- You can catch measles just by being in a room where an infected person has been—even up to 2 hours after that person has left.
- A person with rash or cough illness should wear a mask when seeking health care.
- Almost everyone who has not had the MMR shot will get measles if they are exposed.



## The MMR shot is the best way to protect against measles.

The measles, mumps and rubella (MMR) shot:

- Protects your child from measles, mumps and rubella.
- Keeps your child from missing school and keeps you from missing work to care for your sick child.
- Helps keep your community and neighbors safe from measles.



## The MMR shot is safe.

The MMR shot is effective at preventing measles, mumps and rubella.

Shots, like any medicine, may have side effects. Side effects of the MMR shot are usually mild, such as fever or a minor rash.

➡ **The MMR shot is almost 100% effective at preventing measles.**

➡ **Adults may also need an MMR shot.**

**Talk to your health care provider if you have questions about the MMR shot or measles.**

**LEARN MORE ABOUT THE MMR SHOT: contact your county health department or visit FloridaHealth.gov.**



### Black History Month

February is the month set aside to recognize the achievements and contributions of African Americans. The celebration, launched by Dr. Carter G. Woodson and others in 1926, initially lasted one week, but was expanded in 1976 to the entire month.

**1870:** Dr. Susan McKinney is the first black woman to formally enter the medical profession.

**1887:** Charlotte E. Ray graduates from Howard University, becoming the first black woman to graduate from university law school.

**1938:** Crystal B. Fanset, named to the Pennsylvania House of representatives, is the first black woman elected to state legislation in the U.S.

**1944:** The United Negro College Fund was established to ensure continued success of black colleges and universities.

Dr. Charles Drew developed a techniques of blood/plasma separation and preservation. He was made the Director of the American Red Cross Blood Donor Project during World War II.

Lewis H. Latimer, an engineer, had many accomplishments. He made patent drawings for the first telephone when he was employed by Alexander Graham Bell. He also patented the

first incandescent light bulb with a carbon filament.

These are just a few of the great African Americans in our history. We salute them all, named and unnamed. (adapted from The Villager, University of Florida).

Sources: [http://blogs.houstonpress.com/artattack/2012/02/top\\_10\\_films\\_to\\_celebrate\\_black.php](http://blogs.houstonpress.com/artattack/2012/02/top_10_films_to_celebrate_black.php)

### Groundhog Day, Feb. 2

According to tradition, "Punxsutawney Phil," a groundhog with renowned weather-predicting abilities, will forecast whether spring will be early this year. It is the day that the Groundhog comes out of his hole after a long winter sleep to look for his shadow. If he sees it, he regards it as an omen of six more weeks of bad weather and returns to his hole. If the day is cloudy, and hence his shadow less, he takes it as a sign of spring and stays above ground. The Groundhog's Day tradition traveled a long way. German immigrants brought the tradition to the U.S. from Germany. As they settled in the hills of Pennsylvania, they began the tradition of using the groundhog to predict the arrival of

spring. The tradition is based upon Candlemas, the day that is the midpoint between winter and Spring.

Source: in part by <http://www.holidayinsights.com/other/ghog.htm>

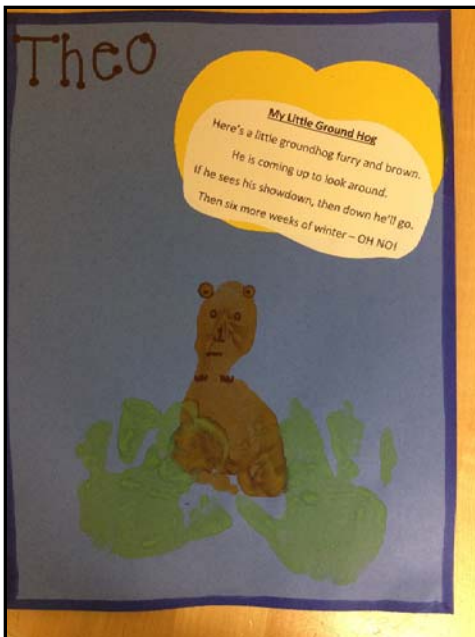
### Valentine's Day, Feb. 14

Feb. 14 is Valentine's Day. It originated in 5th Century Rome as a tribute to St. Valentine, a Catholic bishop. For eight hundred years prior to the establishment of Valentine's



Day, the Romans had practiced a pagan celebration in mid-February commemorating young men's rite of passage to the god Lupercus. The celebration featured a lottery in which young men would draw the names of teenage girls from a box. The girl signed to each young man in that manner would be his sexual companion during the remaining year. In an effort to do away with the pagan festival, Pope Gelasius ordered a slight change in the lottery. Instead of the names of young women, the box would contain the names of saints. Both men and women were allowed to draw from the box, and the game was to emulate the ways of the saint they drew during the rest of the year. Instead of the pagan god Lupercus, the Church looked for a suitable patron saint of love to take his place and they found an appropriate choice in Valentine. Valentine was later jailed for an unrelated charge, and it's said he fell in love with the blind daughter of his jailer. Before he was taken to his death, he signed a farewell message to her, "From your Valentine." It then became a tradition for men to give those they admired messages of affection, containing Valentine's name.

Source: <http://wilstar.net/holidays/valentn.htm>



Continued on next page

## President's Day, Feb. 16

President's Day is celebrated on the third Monday in February. It is a day set aside to honor all of the U.S. presidents. One often thinks of two great presidents, George Washington and Abraham Lincoln when this holiday is celebrated as it falls by design between their birthdays. Many, however, look at President's day as a tribute to each and every person who has ever served in the office as President of the United States of America. It is a national holiday, although most businesses and industry do not recognize it as a paid holiday.

Source: <http://www.holidayinsights.com/other/president.htm>



## Mardi Gras, Feb. 17

Mardi Gras or *fat Tuesday* is a boisterous celebration held annually on Shrove Tuesday, the day before the season of Lent begins in the Western Christian liturgical calendar. The actual date varies from year to year since it depends on the date of Easter. Mardi Gras is the culmination of a long carnival season which begins on Jan. 6. The custom was brought to the U.S. by the French who had paraded a fat ox through Paris. The honor of the oldest Mardi Gras celebration in the U.S. belongs to Mobile, AL., which first observed the holiday in 1703. However, the city most associated with Mardi Gras is New Orleans, LA. Secret societies known as *krewe* arrange and finance the activities. The oldest krewe is Comus, which made its first appearance in 1857. The Krewe of Rex first appeared in 1872. A different krewe holds a parade on each night during the two weeks leading up to Lent. The krewe also hold masked balls at which the king and queen of the krewe are presented to the society.

Source: <http://www3.kumc.edu/diversity/other/mandigra.html>

## Ash Wednesday, Feb. 18

Ash Wednesday is the first day of the Christian season of Lent, during which Christians must fast and give up things they like. The Lenten season lasts for 40 days. On Ash Wednesday, Christians go to mass and receive ashes on their foreheads in the sign of the cross. Originally, the first day of Lent was the day on which public penitents at Rome began their penance. They were sprinkled with ashes, dressed in sackcloth, and required to remain apart from the community until Maundy Thursday (the Thursday before Easter). As this practice fell into disuse between the 8th and 10th centuries, it was replaced by the general penance of the entire congregation. From at least as early as the 8th century, this day was known as *dies cinerum* (day of ashes). This reflects the central ritual of this holiday, the placing of ashes on the forehead to symbolize mourning and penitence.

Sources: [http://www.religionfacts.com/christianity/holidays/ash\\_wednesday.htm](http://www.religionfacts.com/christianity/holidays/ash_wednesday.htm)

### Do you have news you would like to share?

Tell others about a great book you and your child have read? or just say happy birthday, thank you or congratulations,? Please send us your news. Submissions are due a month in advance.

Email Brenda Thompkins at [bthompkins@admin.fsu.edu](mailto:bthompkins@admin.fsu.edu)

naeyc®

for families

The NAEYC for Families website at <http://families.naeyc.org/> offers a wealth of information and resources for parents of young children. *Families Today* features articles from Dr. T. Berry Brazelton and Dr. Joshua Sparrow. Dr. Brazelton, renowned pediatrician and behaviorist and child development expert, and Dr. Sparrow, child psychiatrist, offer parents reassuring information and tips on the developing child. *Topics* includes articles and even more tips for parents.

**Infant and Toddler**

Breakfast 9:30-10:00 AM



*Fat free milk is served with breakfast and lunch; water is served with all snacks; condiments are served upon request.*

Lunch 12:00-12:30 PM

Snack 3:00-3:30 PM

February 02-06

February 09-13

February 16-20

February 23-27

<b><u>Breakfast</u></b> Crisp Rice, Fruit Cocktail	<b><u>Breakfast</u></b> French Toast w/Syrup, Peaches	<b><u>Breakfast</u></b> Turkey Sausage Biscuit, Applesauce	<b><u>Breakfast</u></b> Toasted Oats, Tropical Fruit	<b><u>Breakfast</u></b> Scrambled Eggs w/ Toast, Pears
<b><u>Lunch</u></b> Cheesy Chicken Noodle Casserole, Seasoned Carrots, Wheat Bread, Fresh Orange	<b><u>Lunch</u></b> Turkey & Cheese Sandwich on Wheat Bread, Vegetable Soup (W/ Tomatoes), Pineapple	<b><u>Lunch</u></b> Hamburger Patty, Hamburger Bun, Baked Beans, Mandarin Oranges	<b><u>Lunch</u></b> Oven Baked Chicken, Sweet Potato Tots, Wheat Bread, Fresh Apple	<b><u>Lunch</u></b> Breaded Fish Star Nuggets, Cheese Grits, Broccoli & Cauliflower, Fresh Banana
<b><u>Snack</u></b> Vanilla Wafers, Tropical Fruit	<b><u>Snack</u></b> Chex Mix, Pears	<b><u>Snack</u></b> Fig Newton Bars, Fruit Cocktail	<b><u>Snack</u></b> Goldfish, Peaches	<b><u>Snack</u></b> Saltines, Hummus, Pineapple Tidbits
<b><u>Breakfast</u></b> Cheese Toast, Peaches	<b><u>Breakfast</u></b> Crisp Rice, Pineapple Tidbits	<b><u>Breakfast</u></b> Waffles, Pears	<b><u>Breakfast</u></b> Corn Flakes, Tropical Fruit	<b><u>Breakfast</u></b> Pancakes w/Syrup, Fruit Cocktail
<b><u>Lunch</u></b> Breaded Chicken Nuggets, Spanish Rice, Seasoned Green Beans, Fresh Apple	<b><u>Lunch</u></b> Beefaroni, Corn, Wheat Bread, Fresh Orange	<b><u>Lunch</u></b> American Cheese Sandwich on Wheat Bread, Tossed Salad w/ Salad Dressing, Fruit Cocktail	<b><u>Lunch</u></b> Oven Baked Chicken w/BBQ Sauce, Mashed Potatoes, Carrots & Green Peas, Wheat Bread	<b><u>Lunch</u></b> Hamburger Patty, Hamburger Bun, Potato Wedges, Mandarin Oranges
<b><u>Snack</u></b> Chex Mix, Pears	<b><u>Snack</u></b> Lorna Dune Cookies, Tropical Fruit	<b><u>Snack</u></b> Goldfish, Peaches	<b><u>Snack</u></b> Graham Crackers, Pineapple Tidbits	<b><u>Snack</u></b> Vanilla Wafers, Applesauce
<b><u>Breakfast</u></b> Scrambled Eggs w/ Toast, Pears	<b><u>Breakfast</u></b> Crisp Rice, Peaches	<b><u>Breakfast</u></b> French Toast, Applesauce	<b><u>Breakfast</u></b> Corn Flakes, Tropical Fruit	<b><u>Breakfast</u></b> Turkey Sausage Biscuit, Fruit Cocktail
<b><u>Lunch</u></b> Meatballs W/Beef Gravy, Wild Rice Blend, Seasoned Carrots, Fresh Orange	<b><u>Lunch</u></b> Breaded Fish Sticks, Macaroni & Cheese, Seasoned Green Beans, Mandarin Oranges	<b><u>Lunch</u></b> Turkey & Cheese Sandwich on Wheat Bread, Vegetable Soup (w/Tomatoes), Pineapple	<b><u>Lunch</u></b> Hamburger Patty on Hamburger Bun, Tossed Salad w/Salad Dressing, Fresh Banana	<b><u>Lunch</u></b> Oven Baked Chicken, Seasoned Green Peas, Wheat Bread, Peaches
<b><u>Snack</u></b> Saltines, Hummus, Pineapple Tidbits	<b><u>Snack</u></b> Goldfish, Tropical Fruit	<b><u>Snack</u></b> Fig Newton Bars, Fruit Cocktail	<b><u>Snack</u></b> Graham Crackers, Pears	<b><u>Snack</u></b> Vanilla Wafers, Applesauce
<b><u>Breakfast</u></b> Toasted Oats, Oranges	<b><u>Breakfast</u></b> Waffles, Peaches	<b><u>Breakfast</u></b> Crisp Rice, Fruit Cocktail	<b><u>Breakfast</u></b> Pancakes w/Syrup, Pears	<b><u>Breakfast</u></b> Cheese Toast, Tropical Fruit
<b><u>Lunch</u></b> Meat Loaf W/Gravy, Carrots & Green Beans, Wheat Bread, Fresh Apple	<b><u>Lunch</u></b> Breaded Chicken Nuggets, Mashed Sweet Potatoes, Seasoned Green Beans, Wheat Bread	<b><u>Lunch</u></b> Spaghetti Noodles, Spaghetti Meat Sauce, Tossed Salad w/Salad Dressing, Applesauce w/Cinnamon	<b><u>Lunch</u></b> American Cheese Sandwich on Wheat Bread, Vegetable Soup, Pineapple	<b><u>Lunch</u></b> Sloppy Joes on Mini Hamburger Buns, Tater Tots, Fresh Banana
<b><u>Snack</u></b> Vanilla Wafers, Pears	<b><u>Snack</u></b> Graham Crackers, Pineapple Tidbits	<b><u>Snack</u></b> Goldfish, Tropical Fruit	<b><u>Snack</u></b> Lorna Dune Cookies, Peaches	<b><u>Snack</u></b> Chex Mix, Fruit Cocktail



# February 2015

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

<p>1</p> <p><i>Tuition Due</i></p>	<p>2</p>	<p>3</p>  <p><b>Ms. Antoinette</b></p>	<p>4</p>  <p><b>Anna Sophia</b></p>	<p>5</p>	<p>6</p>  <p><b>Ms. Tiffany</b></p>	<p>7</p>
<p>8</p>  <p><b>Morgyn</b></p>	<p>9</p>	<p>10</p> <p><i>Tuition Late</i></p>	<p>11</p>	<p>12</p>	<p>13</p>  <p><b>Aaron</b></p>	<p>14</p> <p><i>Happy Valentine's</i></p>  <p><b>Ayden</b></p>
<p>15</p>	<p>16</p>	<p>17</p>  <p><b>Khai</b></p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>