



Little Noles

January 2015

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

A New Year brings changes

New tuition rates, exploring extracurricular activities, getting involved

We would like to welcome all of our new and returning families to a new semester and new year. Our resolution for the new year is to continue to look for ways to support our families, improve the quality of service our families receive and to grow our program.

One step we have taken to support our families is to make changes to our tuition structure. This semester we have gone to one student rate instead of a full time rate and part time student rate. We hope that this change will help parents remain in school and graduate while also alleviating financial concerns. To receive the 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 a student for the preceding spring semester and upcoming fall semester.

We now offer a reduced tuition rate for FSU faculty and staff. This change will offer various groups employed by the university the opportunity to take advantage of the high quality care and education program we offer. To receive the 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.

We are very excited to begin exploring ways we can enhance your child's day through **extracurricular activities**. We are looking into tapping into the wealth of talent within the FSU community and hope to bring activities such as dance, music, art, and soccer to the centers. If you have an interest in a particular activity that you would like for your child to participate in we would love to get feedback from you as we move forward.

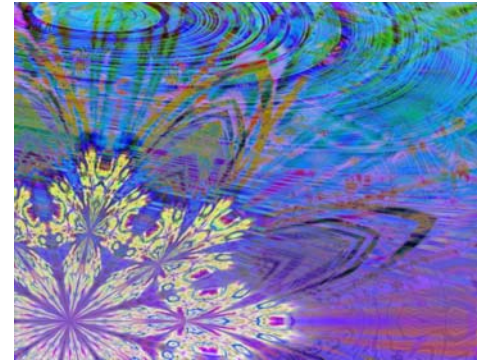
If you are looking for items to add to your new year's resolution list we hope that you add **taking advantage of the many opportunities to get involved** and support your child's school and our program.

Ways to get involved

- Make a lunch date with your child
- Read a book
- Share your culture
- Share a family dish
- Share your job
- Play an instrument
- Share your talent

We are always open to suggestions that you may have to improve our program. Please feel free to email us your ideas.

Have a great semester and happy new year!



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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 a 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 10th 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

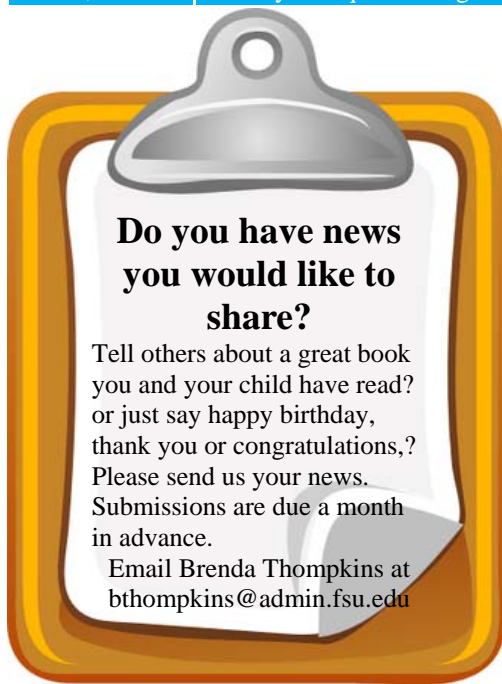
DCF License #C02LE0260
Monday-Friday 7:30 AM- 5:30PM
Center Director, Dana Johnson
Telephone: 644-0003
330 Pennell Circle #1
Tallahassee, FL 32310

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

| | |
|-----------------|--|
| Jan. 1, 2015 | Spring/Summer Health Insurance coverage begins. |
| Jan. 4, 2015 | Residence Halls open at 9:00 a.m. |
| Jan. 6, 2015 | Last day to file for change in residency status. |
| Jan. 7, 2015 | Classes Begin. Application window opens for Spring 2015 Graduation. Apply online through Secure Apps at |
| Jan. 7–12, 2015 | Drop/Add. (Includes Law School) Begins 8:00 a.m. on Jan. 7 and ends at 11:59 p.m. on Jan. 12. Late Registra- |
| Jan. 9, 2015 | Third day of classes. Last day to submit department waivers or billings. |
| Jan. 12, 2015 | Fourth day of classes. Last day to add courses without academic dean’s permission. Last day to cancel enrollment and have fees removed. Last day to drop/add classes and have fees adjusted. Students are liable for all fees for courses remaining on their schedules at 11:59 p.m. Drop/Add ends at 11:59 p.m. |
| Jan. 13, 2015 | Fifth day of classes. Last day to request VA deferments from VA representative in Office of the Registrar. Registration for state employees (non-FSU employees) using State Employee Fee Waivers (see ‘State Employee Registration’ in “Registration Information” for instructions). |
| Jan. 14, 2015 | Financial aid available via EFT in FSUCard accounts. First day to apply for financial aid deferments and delayed |
| Jan. 15, 2015 | Open enrollment for Spring-Summer Health Insurance ends. |
| Jan. 16, 2015 | Last day to pay or defer tuition and fees for all students, including veterans who are not using a veteran deferment, without a \$100.00 late payment fee. Veterans should contact a VA representative with questions. |
| Jan. 19, 2015 | Martin Luther King, Jr. Day. No Classes. University Administrative Offices closed. |
| Jan. 23, 2015 | Last day to apply for Spring 2015 Graduation. Apply online through Secure Apps at https://my.fsu.edu . |
| Jan. 30, 2015 | Last day to request change to or cancellation of purchase of Spring-Summer Student Health Insurance coverage. |



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

Bear in there

By Shel Silverstein



There's a Polar Bear
 In our Frigidaire--
 He likes it 'cause it's
 cold in there.
 With his seat in the
 meat
 And his face in the fish
 And his big hairy paws
 In the buttery dish,
 He's nibbling the noo-
 dles,
 He's munching the
 rice,
 He's slurping the soda,
 He's licking the ice.
 And he lets out a roar
 If you open the door.
 And it gives me a scare
 To know he's in there--
 That Polary Bear
 In our Fridgitydaire.



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.



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/>

KIDS CLUB
We craft. You shop.

- **When:** Every Saturday 10:00 am - 12:00 pm
 - **Location:** 1524 Governors Square Blvd, Tallahassee FL 32301-3020
 - **Cost:** \$2 per child
 - **Website:** www.michaels.com
 - **Contact Phone:** (850) 878-5622
- Drop in. Take home a completed project. 30 minutes of creative craft fun, supplies included. Ages 3 and up.



Grand Opening @ Midtown

The Sharing Tree

- **When:** Saturday, January 24, 2015, 10:00 am - 2:00 pm
- **Location:** 218 East 3rd Ave, Tallahassee, Florida 32303
- **Cost:** free
- **Website:** thesharingtreefl.org
- **Contact Phone:** (850) 264-4035
- **Contact Email:** thesharingtree@leonschools.net

Join us for free family fun in our new home. The Tree will offer kid's creative activities, both art and play.

Museum of Florida History

32ND Annual Children's Day
Saturday, January 31, 2015

Crafts, games, jugglers, and performers!



10:00 a.m. - 4:00 p.m.
Free Admission & Free Parking
Fee for Some Crafts

Museum of Florida History
E. A. Gray Building
500 Scott Brough Street
Downtown Tallahassee
museumoffloridahistory.com
850.245.6400

M-F-H Florida MUSEUM History



Yo-Yo Club
at
Lofty Pursuits

- **When:** Saturday, January 24, 2015, 1:00 pm - 3:00 pm

- **Location:** 1415 Timberlane Rd #410, Tallahassee, FL 32312
- **Website:** www.loftypursuits.com
- **Contact Phone:** (850) 521-0091

You can come to yo-yo club every Saturday at Lofty Pursuits from 1pm to 3pm.

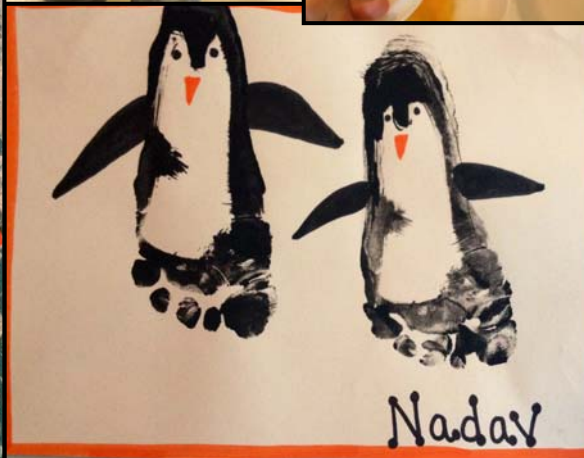
It's the Museum's annual Children's Day! The Museum of Florida History hosts an entire day of free performances, exhibitors, and history. Enjoy live performances by the African Caribbean Dance Theatre, Young Actors Theatre, Trousdell Gymnastics, and many others. Activities include face painting, balloon animals, golf, and more! Dozens of exhibitors offer hands-on learning. With so much to do, Children's Day offers something for children of all ages. Parking and admission are free. Some activities require tickets that can be purchased at the event or in advance at the Museum gift shop. Lunch is available for purchase from The Egg Express Café in the Museum lobby.

Welcome back and Happy New Year! We hope that everyone enjoyed their Winter Break! The semester is off to a great and very busy start. All of our new friends are doing great. This month we will be working on all things **Winter**. We will be learning about winter weather as well as winter animals. We will make winter hats, mittens and scarves at art time with paint and construction paper. We will also paint puffy polar bears with white paint and shaving cream along with so many other fun winter animals. During circle time we will read many stories including Bear Snores On by Karma Wilson and Hello Snow by Hope Vestergaard. We will also sing some songs like "Going on a Bear Hunt" and "10 Little Mittens" along with our other favorite songs! We will make and decorate sugar cookies shaped like winter hats and mittens for one of our cooking activities.

It is that time of year again to get out and explore the frosty cool weather with your Toddler. This month at school we are working on winter, so it is a great time to extend that learning at home with some frosty field trips! The best time to get out and experience the frost and the winter air is first thing in the morning. The dew in the grass is frosty, let your toddler touch it and feel how cold it is. Also, if you are lucky you can find some little icicles on the plants. You may also find frost on the car or another surface that your toddler can touch and make designs in. If you are outside at anytime on a particularly cool day, you can show your toddler



that when you blow out, you can see your breath in the cold air. There are many fun ways to get out there and enjoy the cooler weather and help expand on what we are learning at school, so have fun and remember to dress warm!!



December was filled with celebrations and family traditions. The children explored holidays including Hanukkah, Posadas, Christmas, St. Lucia's Day, and Kwanzaa. The children enjoyed making Grinch cookies and salt dough ornaments. They also had a great time making and breaking a piñata for Posadas! Our teachers enjoyed spending time with many parents as they shared their children's assessment results and learning gains. What a gift to see the amazement on their faces when they realize how much their children have learned!

January will focus on construction, buildings, and transportation during our "City" theme study. The children will paint with wheels, make their own blue prints, and experiment with ramps. A few of our special reading books will include The Three Little Pigs and The Little Engine That Could. Our songs will include "Johnny Hammers with One Hammer" and "The Wheels on the Bus". The letters of emphasis will be **L** for landmark and level and **T** for train and transportation. Gray will be our color. We will enjoy making little-pig bagels and Jell-O boats for cooking projects.

Special activities include our family night (1/7, 4-5:30)! Our home/Center connection activity will be asking parents to teach their children about their birth city so they can enjoy participating in class discussions. Another fun family activity could be pointing out various types of buildings and transportation as you travel about town. Visiting the Tallahassee Museum to explore an old school house and a caboose would be great!

Please be sure your child is dressed for the COLD weather. Layers work great for the cold mornings and warmer afternoons. If you have not already changed out the clothes in your child's cubby with warmer clothes, please do so. Thank you. Best wishes for an awesome spring semester!



Getting through the winter sanely and safely

Is it Breezy? Chilly? Freezing? Bitter Cold? How individuals experience weather conditions and temperature is quite variable, even amongst members of the same family. Finding the right temperature to keep everyone happy is always a challenge. Some are always burning up and some are always freezing. The freezing ones are encouraged to add more clothes since the burning-up ones say they can't take off anymore clothes without becoming indecent. And on it goes. Children, on the other hand, accept the weather and the temperature as a given. Give them a snow fall, a little snow accumulation and no school. Heaven.

Since children have greater surface area to body mass ratio than adults, the adults in their world, parents and teachers, must be closely attuned to weather conditions and make sure children are dressed appropriately. In cold weather, jackets and hats are needed to go outside, even here in Tallahassee. In addition to their close observation of individual children, your directors use what is called a "Child Care Weather Watch Chart" recommended by the National Health and Safety Performance Standards to help them make decisions about when it is too cold or too hot for the children to be outdoors. In cold weather, when the thermometer begins to dip around the 20's and 30s with some wind, the directors have their chart ready for reference. Most of the time, though, with a jacket and a hat, it's great to be out of doors in the winter

Tips for indoor fun for young children

Just because it's cold outside, doesn't mean kids can't have fun and be active. Here are some games that can help keep little ones entertained and active on cold or rainy days. Many of them help develop motor skills or encourage creative thinking and problem solving.

Dress up

Many kids enjoy pretend games. Help your child make a 'costume' out of his or her everyday clothes. A flannel shirt and bandana can turn any kid into a cowpoke. Stuffed animals can be used as the animals on the ranch and kids can use pillows and cushions to make a Wild West hideout. Let kids pick their theme: Princesses, pirates, explorers, superheroes.

Penguin Hop

This game encourages little ones to jump like penguins, which helps with coordination and gross motor skills.

What You Need: Pillows

Instructions

1. Lay out four to six pillows on a carpeted floor in a single file line.
2. Have everyone line up single file and take turns hopping from pillow to pillow. They must land with both feet on each ice floe; if they don't, they are considered to have fallen in the drink and must step aside.
3. Space the pillows a little farther



apart for each new round until all but one penguin, the winner, has been eliminated.

<http://familyfun.go.com/playtime/games-by-age/toddler-games-activities/penguin-games-708333/>

Mr. Wolf What Time is it?

This game helps teach counting skills and can be fun for older siblings to play as well.

Instructions

1. One player is "Mr. Wolf" and stands on one side of a large open areas.
2. Have everyone else line up on the opposite side of the room and call out: "Mr. Wolf, what time is it?"
3. If "Mr. Wolf" says it is a time such as "two o'clock," the players take two steps forward. If Mr. Wolf says it is a meal time (breakfast, lunch, or dinner), the players try to return to the starting line before Mr. Wolf grabs one of them. If Mr. Wolf touches a player, he or she takes over as Mr. Wolf.

Reprint from Little Noles January 2011

Dressing for cold weather

Indoors:

- Dress in two to three thin layers.
- Wear undershirts and warm socks.
- Thermal underwear or light pajamas make a good first layer.
- Make sure the clothes are not too tight and don't restrict movement.

Outdoors:

- Keep the head covered with a hat, face mask or scarf.
- Wear a scarf around the neck.
- Wear thick, winter socks and boots or waterproof shoes.
- Use mittens or gloves and a jacket.

Human Trafficking Awareness Month

Human Trafficking Awareness Day (January 11) began in 2007 to raise awareness of sexual slavery and human trafficking worldwide. The U.S. Senate designated January 11th as National Human Trafficking Awareness day. Although it is a U.S. initiative, the United Nations has begun to highlight this topic and working towards global awareness.

Source: <http://www.wincalendar.com/Human-Trafficking-Awareness>

New Year's Day, Jan. 1

The celebration of the new year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, the Babylonian New Year began with the first New Moon (actually the first visible crescent) after the Vernal Equinox (first day of spring).

The beginning of spring is a logical time to start a new year. Jan. 1, on the other hand, is purely arbitrary. The Babylonian new year celebration lasted for eleven days. The Romans continued to observe the New Year in late March, but their calendar was continually tampered with by various emperors so that the calendar soon became out of synchronization with the sun. In order to set the calendar right, the Roman senate, in 153 BC, declared Jan. 1 to be the beginning of the new year. To many Americans, the ball dropping at Times Square in New York City signals the start of the new year in this country. The ball was first dropped in 1908.

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

Image: <http://www.timeanddate.com/holidays/common/new-year-day>

Orthodox New Year

Orthodox New Year, referred to as Old New Year, is celebrated by Orthodox churches in Russia, Serbia, and other Eastern European countries on Jan. 14. This day is the first day of the new year as per the Gregorian calendar and is a celebration of the year to come.

Source: <http://www.wincalendar.com/Human-Trafficking-Awareness>

Image: <http://1389blog.com/2013/01/03/10-spiritual-new-years-resolutions-for-orthodox-christians/>



Lohri

Lohri is an Indian festival that marks the end of winter on the last day of *Paush*, and beginning of *Magha* (January 13), when the sun changes its course. Lohri Festival is celebrated with great pomp in North India. It is associated with the worship of the sun and fire and is observed by

all communities with different names, as Lohri is an *exclusively Punjabi festival*. At this time the

Earth starts moving towards the sun marking the auspicious period of *Uttarayan*. First Lohri is very important for the newly wed and the newborn babies as it marks fertility. At night, people gather around the bonfire and throw *til* (sesame seeds), puffed rice & popcorns into the flames of the bonfire. Prayers are offered to the bonfire seeking abundance & prosperity. People make merry by dancing and singing traditional folk songs.

Source: <http://www.lohrifestival.org/>

Image: <http://www.imgion.com/img/lohri/page/14/>



“I have a Dream”

Excerpt from speech by Dr. Martin Luther King, Jr. delivered 28 August 1963, at the Lincoln Memorial, Washington D.C.

“...And so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: “We hold these truths to be self-evident, that all men are created equal.”

I have a dream that one day on the red hills of Georgia, the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I have a *dream* today!

I have a dream that one day, *down* in Alabama, with its vicious racists, with its governor having his lips dripping with the words of “interposition” and “nullification” -- one day right there in Alabama little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers.

I have a *dream* today!

I have a dream that one day every valley shall be exalted, and every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight; “and the glory of the Lord shall be revealed and all flesh shall see it together.”

This is our hope, and this is the faith that I go back to the South with. With this faith, we will be able to hew out of the mountain of despair a stone of hope. With this faith, we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith, we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

And this will be the day -- this

will be the day when all of God's children will be able to sing with new meaning:

*My country 'tis of thee,
sweet land of liberty, of thee
I sing.*

*Land where my fathers
died, land of the Pilgrim's
pride,*

*From every mountainside,
let freedom ring!*

And if America is to be a great nation, this must become true. And so let freedom ring from the prodigious hilltops of New Hampshire.

Let freedom ring from the mighty mountains of New York.

Let freedom ring from the heightening Alleghenies of Pennsylvania.

Let freedom ring from the snow-capped Rockies of Colorado.

Let freedom ring from the curvaceous slopes of California.

But not only that:

Let freedom ring from Stone Mountain of Georgia.

Let freedom ring from Lookout Mountain of Tennessee.

Let freedom ring from every hill and molehill of Mississippi.

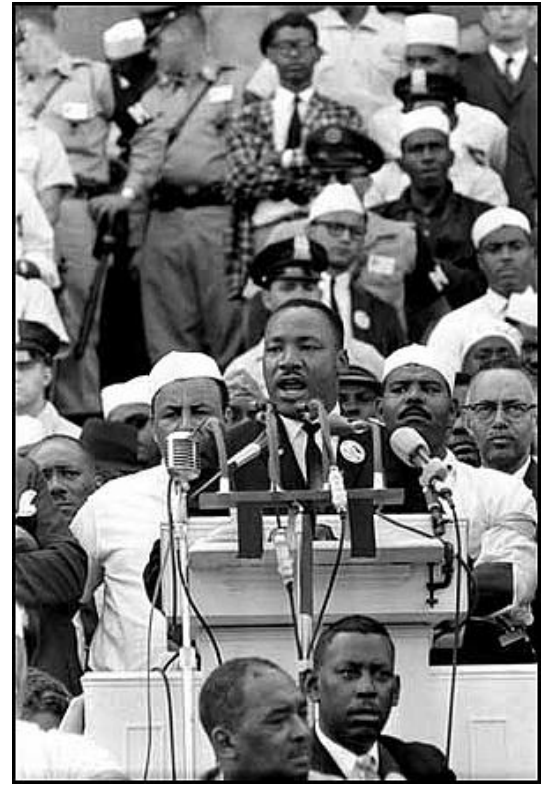
From every mountainside, let freedom ring.

And when this happens, and when we allow freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when *all* of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual:

Free at last! Free at last!

Thank God Almighty, we are free at last!

Source: <http://www.americanrhetoric.com/speeches/mlkihavedream.htm>



Dr. Martin Luther King, Jr. Day is an official holiday celebrated in America on the third Monday of January. Martin Luther King, Jr. (January 15, 1929–April 4, 1968), was one of the main leaders of the American civil rights movement. A Baptist minister by training, King became a civil rights activist early in his career, leading the Montgomery Bus Boycott and helping to found the Southern Christian Leadership Conference. His efforts led to the 1963 March on Washington, where King delivered his “I Have a Dream” speech, raising public consciousness of the civil rights movement and establishing King as one of the greatest orators in American history. He was assassinated on April 4, 1968 while making a speech from the balcony of his hotel room in Memphis, Tennessee. His birthday became a National Holiday by an act of Congress in 1983. Many consider it a day to serve your community.

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

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

January 05-09

January 12-16

January 19-23

January 26-29

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



January 2015

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|-----|---|---|--|
| | | | | 1 <i>Tuition Due Happy New Year!</i> | 2 <i>Centers Closed</i> | 3 |
| 4 | 5 <i>Centers Closed</i> | 6 <i>Centers Closed</i> | 7 | 8 | 9 | 10 <i>Tuition Late</i>  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 <i>Centers Closed MLK Day!</i> | 20  | 21 | 22 | 23 | 24  |
| 25 | 26  | 27 | 28 | 29 | 30  | 31 |
| | | | | | | |