



# St. Luke Child Development Center

11810 Burke Street • Omaha, NE 68154

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## "French Lessons"

Raising my kids abroad taught me what the French mean by *art de vivre*. Turns out, their style of parents was the best thing for our kids and marriage.

By Debra Ollivier

Sixteen years ago, I met a Frenchman in Los Angeles. (I immediately knew that he was from France because he was eating a hamburger with a fork.) I ended up following him back to his homeland, where I married him, had two children, became a dual citizen, and immersed myself in the local customs and culture.

Motherhood in France was not without its challenges, including where to find sippy cups in Paris and how to say "Pampers" in French. And it only got tougher as my kids got older. I remember when our first child, Max, was just 3½ and we enrolled him in a bilingual preschool. Six months into the year, his class was invited to go on an overnight field trip to England, in what was (unbeknownst to me) an annual event. When I refused to let Max join the group, the nursery-school director looked at me warily and said, "Madame, holding onto your child is not good for cultivating an independent spirit. You must let go so he may venture into the world." Then she smiled (a bit smugly, I thought) and said, "We only have this problem with Anglo-Saxon mothers."

Off the children went: the French kids to Calais to take the ferry, and the American (about half the class was from the U.S.) to go home with their moms. The French mothers enjoyed three lovely days alone with their hubby in Paris; they drank wine and had grown-up fun until little Jean and Claudette returned with tales from the English country side. Meanwhile, the American moms lugged gear to a rainy park where we sat on the wet asphalt and, despite being leery of the safety hazards around us (swings with broken belts, precarious jungle gyms with no rubber mats), cheered everyone on, then went home exhausted.

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### Child Care hours:

Weekdays  
6:30 a.m.-6:00 p.m.

Phone: 333-6886 x301

Fax: 333-0992

### E-mail:

[childcare@stlukeumc.com](mailto:childcare@stlukeumc.com)

### Web site:

[www.stlukeumc.com](http://www.stlukeumc.com)

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When I first moved to Paris, I marveled at French mommies; how they managed to push a stroller and walk in high heels on cobblestones without twisting an ankle, how their libido did just fine even with the multiple demands of motherhood and career. What did they have that I didn't?

A lot less baggage, as it turned out. After getting pregnant with Max, I took a quick trip to the States and returned back home to France laden with suitcases stocked with American how-to books, countless educational toys, and bulky baby gear, as well as lots of well-intentioned ideas about how to guard against every possible toddler misadventure on earth. Thus when our son began to crawl, the first thing I did was baby proof our entire apartment. I put rubber edge liners on low tables, covers on electrical sockets, latches on windows, locks on drawers, and seat guards on toilets.

The parts of our living room that weren't bolted down were crammed with giant fluorescent kiddie toys. My French neighbor Genevieve took one look at our place and said, "Your apartment looks like a psycho ward."

Genevieve's house was different. Her kids, ages 5 and 7, had rules and boundaries, but the only baby proofing she'd ever bothered with was a gate at the end of a narrow stairway. The living room was a family area, but it was a grown-up space and the children learned to respect it as such. So was the kitchen, I recall being stunned to find her kids sitting alone at the table, expertly cutting slices from half a grapefruit and eating each one with *delicatesse*. (Genevieve's kids had also bypassed sippy cups and gone straight from bottle to real cups. No wonder the French seem trained from birth to handle a wineglass with flair!)

At Genevieve's home, the kids were in bed no later than 8:30 so that Mommy and Daddy could be together. Private time for parents is considered sacrosanct. And Genevieve didn't pretend that Mommy and Daddy were going to bed to read gardening almanacs. As she recalls, "One night when I was putting her to bed, my 7-year-old asked, 'Are you and Daddy going to go in your room and kiss?' And I replied, 'Of course. Mommies and daddies kiss at night because they love one another. Now nighty-night.' "

Her honesty threw me for a loop. "You mean you just told her?" I asked.

"Why not? What's wrong with that?"

Kids are not king in France, as they are in the U.S. Most children are expected to adapt to the grown-up world, not the other way around. In France, boundaries are upheld not only because they're considered good for children, but because they protect the sanctity of a couple's private life. The French, so I learned, are experts at keeping *amour* alive *après enfants*.

By the time Max was 5, I began to understand that while French mothers believe in setting strict boundaries for their kids, they also practice a style of letting go, standing back so that their kids might "venture into the world," as the school director had suggested. This perspective extends to their life as well. You can leave the beds unmade and let the kids miss a playdate, while you focus on the more essential things in life. "Perfect order is perfectly impossible," my friend Martine used to say. French women reject the notion that you can be all things to all people (there's literally no term in the French vocabulary for "multitask"). In the culture, parents recognize that the "do-it-all mom," as the old saying goes, often ends up doing everything but "it."

Slowly, as I sailed the high seas of motherhood in Paris with not one child but two, I started to embrace parenthood *a la francaise*. By the time my daughter was born—just months after I refused to let my son go on that trip—half of our baby proofing gear was gathering dust in the cellar. And when, three years later, the same nursery-school director asked me about the annual field trip to England, I was the one smiling as I said, after just a moment's hesitation, "*Oui*."

## Kids' February Birthdays

|                         |            |       |
|-------------------------|------------|-------|
| Sam Brummund.....       | 21st ..... | Age 4 |
| Peyton Cavanaugh .....  | 25th ..... | Age 5 |
| Jack Ellis.....         | 13th.....  | Age 4 |
| Karsyn Hall.....        | 12th.....  | Age 3 |
| Drew Karolski .....     | 6th.....   | Age 3 |
| Emily Knipper.....      | 26th ..... | Age 1 |
| Atleigh Nelms.....      | 18th.....  | Age 3 |
| Carter Sas.....         | 28th ..... | Age 2 |
| Brooklyn Schroeter..... | 23rd ..... | Age 1 |
| Bethany Thimjon.....    | 15th ..... | Age 5 |
| Natalie Thonen.....     | 14th ..... | Age 1 |
| Porter Topp.....        | 14th ..... | Age 5 |

## Staff Birthdays This Month

|                      |            |             |
|----------------------|------------|-------------|
| Sandy Bevington..... | 20th ..... | Infant D    |
| Cassie Coppa .....   | 9th.....   | Floater     |
| Teresa Gaskill.....  | 12th.....  | Turtles     |
| Erin Ommen.....      | 6th.....   | Floater     |
| Mary Stoops .....    | 5th.....   | Polar Bears |

## Staff News & Notes

- ◆ Sympathy is extended to Rawda Al-Sharif, Monkeys teacher, whose brother passed away.
- ◆ Sympathy is extended to Cassie Coppa, floater, whose great-aunt passed away.
- ◆ Congratulations is extended to Tabatha Williamson, floater, who had a daughter January 11, 2010. Azlynn Mae weighed 7lbs 5oz.
- ◆ Care and concern is extended to Carol Sailors, toddlers teacher, who is having medical concerns.
- ◆ Care and concern is extended to Stephanie Cox, Penguins teacher, whose mother suffered a stroke.
- ◆ Care and concern is extended to Shelly Steffen, Zebras teacher, who underwent surgery.
- ◆ Care and concern is expressed to Cassie Coppa, floater, whose son was hospitalized.

## Children's Vision Screenings

Children often do not realize that they are not seeing as they should and may not complain or show signs of vision problems. If not detected and treated early, vision problems in kids can lead to:

- Loss of vision
- Learning difficulties
- Delayed sensory, motor, cognitive or social-emotional development

A vision screening is the first step toward ensuring a lifetime of healthy vision for your child. How can it help?

- Identifies children in need of a professional eye exam
- May detect disorders in an early, treatable stage
- Provide parents with valuable info about eye care
- May result in a referral to an eye professional

Prevent Blindness Nebraska KidVision program will be here on Monday, Feb. 1st to conduct vision screenings for 3-6 year-olds. You must complete and return a KidVision Permission Slip for this free service.

## Valentine's Day Parties

Many of the classes will have their Valentine's Day parties on Friday, February 12th. Please watch for notes concerning your child's planned activities and/or the opportunity to sign up to bring treats for the party. As always, parents are welcome to join in the fun!

If your child's class is going to exchange valentines, you may find out from the Child Care Office how many children and teachers are in your child's class. When addressing valentines, put only your child's name on the back of each. Do not write the recipients' names on the valentine—this will make it easier for the children to distribute their valentines.

## Easter & Spring Breaks

If your Latchkey child(ren) will be attending St. Luke while on these breaks, please call the Office. A "reservation" allows us to plan appropriately for activities, meals and art projects. Thanks!

# Classroom Notes

## INFANT A (Room 121)

February is a busy month in Infant A! Some of us are working on "tummy time" and trying out the Bumbo chairs. Other "A" babies are practicing sitting up.

Just a reminder to dress your child in layers, as our room temperature can fluctuate. We want our babies to be as comfy as possible. Also, please make sure to label belongings. Many babies have the same brand/size of bottles and blankets.

Happy Valentine's Day! All our love, Infant A Teachers.

## INFANT B (Room 120)

January is over—thank goodness. We hope February is a better month. It seems everyone is tired of the snow and cold.

The Honey Bears are always busy. They are crawling, pulling themselves up and some are taking steps. A few are trying table foods and sippy cups. We take a lot of time working on these table skills with the children.

Our theme for Friday, Feb. 12th, is red, white and pink. Please remember to label all supplies and clothing. Thanks

## INFANT C & D (Rooms 110-111)

Bumblebees: We are excited for February activities. We will be celebrating Valentine's Day this month! Parents have your child wear red on Friday, the 12th. We have so much planned for art projects, songs and books. We are busy like bees all the time!

## (Infant C & D continued):

Butterflies: It has been a long winter already. Hopefully we will see a change in the weather soon. We are as excited as the children to see the sun shining through our window.

The children seem to be growing so fast. They move quickly through Infant C and D. They become independent and secure in themselves; they express their wants and needs more clearly.

Please keep a light jacket or sweater for temperature fluctuations. Continue to mark your child's belongings and food with their name or initials. Thanks

## TODDLERS (Room 123)

We hope everybody had a great start to their new year. The toddlers were busy making lots of creative art on our themes: Sesame Street, ABCs, Martin Luther King and Arctic Animals. We've been working on counting to 10 in both English and Spanish, and continuing to learn new words in sign language.

We have two special events planned for our room in February. Friday, Feb. 5th, we will have Pajama Day, so please bring your child dressed in their favorite pajamas. We also are planning on having a Valentine's Day party on Friday, February 12th. We will be posting a sign-up sheet for anyone who would like to bring treats.

The colors of the month are pink and red. Please remember to dress your child in those colors every Friday.

Other themes for February will be Groundhog's Day, Presidents and Dr. Seuss.

## GROUNDHOG DAY



# Classroom Notes (continued)

## 2's (Rooms 116, 117, 118/119)

**Monkeys:** During January we enjoyed our winter activity themes, coloring stories with chalk and painting with shaving cream! We spent time in the kitchen area, building with blocks, running in the gym and learning new songs. Our favorite song is about a grizzly bear who "went far away to find someone to scare one day." We like to dress up and parade around in our costumes. We miss going outside to play, but the playroom in the Youth Lounge has helped a lot.

Learning about feelings and our five senses gave us the opportunity to do many hands-on activities and colorings. We did several art projects about feelings. We learned how it feels to be sad, angry, frustrated, proud, shy, etc.

In February we will focus on activities about dental health and Valentine's Day. Watch for notes about a valentine party from your teacher.

Please keep a change of clothing in your cubby.

**Toucans & Giraffes:** The Toucans and Giraffes had a cold but fun January. We talked about Winter and fun things that happen during this season. We made snowflakes, mittens, polar bears and penguins for art. We also made marshmallow igloos for a tasty treat!

Next we focused on the 5 senses. We had a tasting party with yummy items to eat. We made shaker bottles and listened to a "Sounds" CD. We had fun finding things to put on our "feely" board.

In February, we will have themes on Health & Nutrition, Valentine's Day and Favorite Authors.

**HAPPY  
VALENTINE'S DAY!**

You  
Warm   
Our Hearts!  
THANKS!



## 3's (Rooms 112-115)

We had a very good January. With the Winter themed games in the gym, many of us made all types of art snowmen and paper pom pom snowballs for fun in our rooms.

February will bring the joy of red, pink and white valentines! Most classes will celebrate Valentine's Day with a party and treats. We will also have themes on Nutrition, Dental Health and Dr. Seuss!

Please bring extra clothing, complete outfits, for accidents and spills. The children feel better when changing in to their personal clothing rather than borrowed.

## 4's (Rooms 125-127)

January was a perfect time to talk about Winter and Hibernation. We had a snow day outside and even played inside with snow brought inside in buckets. We learned about animals that live where it's cold.

We celebrated Martin Luther King Day reading stories about him and his "dream." We talked about how to be a good friend.

We had a theme on Our 5 Senses. We made things like scented silly putty and tasted different foods.

We traveled to Hawaii and daydreamed of being on the warm, sunny beach and enjoying a luau. The St. Luke luau had Hawaiian Punch, bananas, fresh pineapple, oranges, ham, kiwis, and cheese to eat! We decided it would be fun to live on the islands!

# Classroom Notes (continued)

## Activity Calendar for 3's, 4's and Pre-K 5's

During the month of February the themes for ages 3-5 will be:

|             |  |
|-------------|--|
| 2/1 – 2/5   | Nutrition & Dental Health<br>Groundhog Day                         |
| 2/8 – 2/12  | Valentine's Day  |
| 2/15 – 2/19 | Presidents: Abe Lincoln &<br>George Washington<br>Favorite Authors |
| 2/22 – 2/26 | Dr. Seuss  |

## Foreign Language Development—Spanish words:

|             |          |
|-------------|----------|
| Los dientes | Teeth    |
| Las tijeras | Scissors |
| El papel    | Paper    |
| Los libros  | Books    |

Sign Language: classroom letter of the week

## Cultural Speakers:

Mon., Feb. 1st — Prevent Blindness NE—  
group 1

Wed., Feb. 3rd — Prevent Blindness NE —  
group 2.

Wed., Feb. 10th — We will make valentines in  
the cafeteria!



Wed., Feb. 17th — We will  
play Presidential Birthday  
Bingo



Wed., Feb. 24th — We will watch a Dr. Seuss  
video.

## SPECIALTY CLASSES

Body Movement, Music, and Computers are offered for 3's, 4's, Pre-K, and Latchkey.

Music: We have been busy singing about snowflakes and winter with songs like Snowflake, Snowflake, Lemon Drops & Gum Drops, and Snowflakes Falling Down.

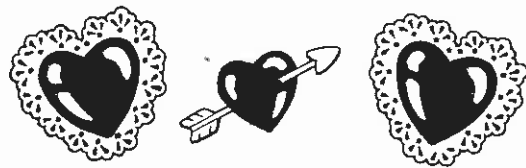
We have also been learning some of our songs for the annual Spring Fling coming up in May! Our theme this year will be "Let's Go Back to the 80's!" So break out the leg warmers, mullets and big hair! We are having so much fun learning songs mom and dad will remember. More information will be given in the March newsletter about dates, times and costume ideas.

We have enjoyed tapping out rhythms on our instruments especially the drum sets and xylophones!

Body Movement: We have played winter sports such as hockey, toy air hockey and snowball fighting games with soft pompoms. Other activities have been golfing, kids exercise, bowling, tunnels and bouncy balls.

We have begun learning some fun 80's dance moves for the Spring Fling!

Computers: We have a great variety of fun software such as Tonka Rigs & Digs, Lego Island, Dinosaur 3D, Candyland, Putt Putt Saves The Zoo, Animal Adventure, Polar Bear-Polar Bear What Do You See?, Ratatouille, Orly's Draw-A-Story and Surfs Up!



# Classroom Notes (continued)

## PRE-K 5's (Parlor)—Polar Bears

During a Winter theme we conducted many science projects. The first was to answer the question, "Why shouldn't we eat snow?" We put snow on a coffee filter on top of a gallon jug and noted, after the snow had melted, the brown sediment left behind. The second project involved filling a tub with snow and the children made guesses as to how quickly it would melt. The last was filling a cup of water, inserting a craft stick decorated to resemble each child, setting them outside to freeze. Once frozen we peeled off the cup and "skated" them across the table while playing "Squeakul" from Alvin & the Chipmunks.

For a unit on hibernation we made a bear cave. The kids were able to bring teddy bears from home. We used them to sort by size, color and patterns. In the literacy area we matched upper and lower case letters to winter symbols. We filled tubs with snow and added igloos, penguins, Eskimos, snow sleighs, Husky dogs, polar bears and walruses.

We celebrated Martin Luther King by learning about his life. We made a memory book and a banner using "I Have A Dream." The children told what their dream would be, writing it on the banner.

Our 5 Senses was a huge hit! We had a tasting center trying pickles (sour), chocolate (sweet), pretzels (salt) and grapefruit, which got a mixed review. We had a "Perfumery" center, sight center and a touch area. We smelled various containers, used kaleidoscopes, magnifying glasses and View Masters. We made a touch box and guessed what was inside. We walked across butcher paper, bubble wrap, rice pillows, cotton balls, sand paper and applied lotion to our feet. In the hearing center we played sound bingo, instruments such as a guitar, snare drums and developed the Polar Bear Band! We counted the beats while playing instruments. And finally Hand Harmonies (clapping on our heads and cheeks with an open mouth). We did "Tarzan" drums on our chests and stomped our feet. Hawaii's theme allowed us to taste different foods and pretend to go to a warm place of natural beauty and history.

February's themes are: Nutrition, Dental Health, Groundhog's Day, Valentine's Day, Presidents, Favorite Authors and Dr. Seuss!

## LATCHKEY PROGRAM

St. Luke's Latchkey Program is designed as a bridge between school and home. It provides a healthy balance of structure and individual freedom to make choices, as well as a place to build friendships with peers and a variety of adults.

The Latchkey program offers different types of care for school-age children during the year:

\*Occasional Care Latchkey is a popular program during the school year when your elementary-age child is out for conferences, holiday breaks or snow days. This drop-in service is for registered children only. Reservations are highly encouraged for any planned/scheduled days that your elementary school is not in session.

\*Full-Time Summer Latchkey offers many activities such as swimming lessons at the YMCA, tae-kwondo lessons, field trips around the Omaha area, water play days, arts and crafts, and cooking projects to name a few. All transportation to and from these activities is provided.

## Latchkey (Great Room)

In December, we had some unexpected extra days off together but that was to our advantage—we learned two new card games, "Slap" and "Slam!"

Christmas break was a busy time for all of us. We made earrings for the "special lady in our life." We made cat and dog treats for our special pet too! We made jar cookies. The children could choose from three different recipes. There are so many crafts to celebrate the season! The Latchkey kids also were here for a magic show!

On Monday, Jan. 18th the class joined the pre-schoolers to read a book regarding Martin Luther King. In the classroom we read other library books about MLK and discussed what they were learning in school. Some of the children wanted to tell their personal feelings about him and his family and some historical info too!

Very soon Spring Break will be here!! Be sure to let the Office know if your child will be here for that school break.

Ms. Teg

# **St. Luke Staff**

## **Director**

Valorie Buis

## **Enrollment Director**

Kimberly Walker

## **Secretary**

Phyllis Gabelhouse

## **Office Assistant**

Kristin McCormick

## **Curriculum Coordinator**

Teg Karr

## **Music, Body Movement & Computers**

Lisa Lind

## **Kitchen**

Karen Moore

## **Subs/Seasonal**

Valorie Adler  
Christine Bailey  
Dezerae Dyer  
Kelsey Gazda  
Kara Kahnk  
Kacey Lee

## **Infant A & B**

Sayna Amoura  
Donna Eddy  
Audrey Haecker  
Latasha Johnson  
Shannon Liedel  
Yong Middleton  
Bev Nihsen  
Georgia Sage

## **Infant C & D**

Sandy Bevington  
Grace Culbertson  
Donna German  
Lucy Hack  
Megan Harper  
Tasha Jackson

## **Toddlers**

Lois Brodin  
Judy Fisher  
Rachel Ishii  
Carol Sailors

## **2's Teachers**

Rawda Al-Sharif  
Courtney Gazda  
Troy Lawrence  
Michelle Ritchison  
Havaja Suleta  
Kristina Warner

## **3's**

Teresa Gaskill  
Ruth Guzman  
Wendy Snyder  
Christie Welles

## **Pre-K**

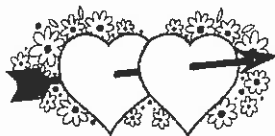
Kathy Budka  
Susan Costanzo  
Stephanie Cox  
Pam Goebel  
LeAnn Robine  
Shelly Steffen  
Mary Stoops  
Tabatha Williamson

## **Latchkey**

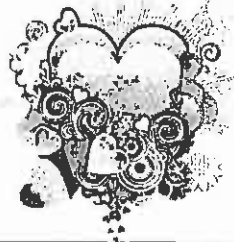
Teg Karr

## **Floater Teachers**

Jill Bruckner  
Kathy Budka  
Kristen Cloyed  
Cassie Coppa  
Susan Costanzo  
Grace Culbertson  
Donna German  
Chelsea Hill  
Amy Kennedy  
Shannon Liedel  
Erin Ommen  
Jaime Rieger  
Tabatha Williamson



## FEBRUARY LUNCH & SNACK MENU

| 1 <sup>st</sup>   | 2 <sup>nd</sup>   | 3 <sup>rd</sup>   | 4 <sup>th</sup>   | 5 <sup>th</sup>  |
|---|---|---|---|--|
| <p>Grilled Cheese w/Tomato<br/>Soup &amp; Crackers<br/>Pickle Spear<br/>Cherries</p> <p>AM-Cereal &amp; Toast<br/>PM-Sugar Cookie</p> | <p>Chicken Philly Sandwich<br/>Tater Tots<br/>Orange Wedges</p> <p>AM-Eggs &amp; Sausage<br/>PM-Goldfish Crackers</p>                                     | <p>Pizza Hut Pizza<br/>Lettuce Salad<br/>Peaches</p> <p>AM-Cereal &amp; Toast<br/>PM-Apple Crisp</p>  | <p>Turkey Pot Pie<br/>Peas &amp; Carrots<br/>Berry Mixed Fruit<br/>Dinner Roll</p> <p>AM-Breakfast Pastry<br/>PM-White Cake w/Pink<br/>Frosting</p>               | <p>Cinnamon Glazed French<br/>Toast<br/>Sausage Patty<br/>Orange Juice</p> <p>AM-Pancakes<br/>PM-Graham Crackers</p>                         |
| 8 <sup>th</sup>   | 9 <sup>th</sup>   | 10 <sup>th</sup>  | 11 <sup>th</sup>  | 12 <sup>th</sup>   |
| <p>Chicken Fingers<br/>Corn<br/>Apple Wedges<br/>Dinner Roll</p> <p>AM – Cereal &amp; Toast<br/>PM – Choc. Chex Mix</p>               | <p>Chicken Fried Steak<br/>Mashed Potatoes &amp; Gravy<br/>Orange Wedges<br/>Dinner Roll</p> <p>AM –French Toast<br/>PM – White Choc. Chip<br/>Cookie</p> | <p>Soft Beef Tacos<br/>Lettuce &amp; Cheese Cup<br/>Cheesy Beanies<br/>Banana</p> <p>AM – Cereal &amp; Toast<br/>PM – Jell-O Cup</p>          | <p>Chicken Noodle Soup &amp;<br/>Half Grilled Cheese<br/>Baby Carrots<br/>Peach Cup</p> <p>AM – Breakfast Pastry<br/>PM – Dolphin Crackers</p>                    | <p>Hamburger on Bun<br/>w/Pickles<br/>French Fries<br/>Warm Cinnamon Apples</p> <p>AM – Waffles<br/>PM – Banana Cream Pie<br/>Bar</p>        |
| 15 <sup>th</sup>  | 16 <sup>th</sup>  | 17 <sup>th</sup>  | 18 <sup>th</sup>  | 19 <sup>th</sup>   |
| <p>TBA</p> <p>AM – Cereal &amp; Toast<br/>PM –</p>  | <p>Popcorn Chicken Po'Boy<br/>Red Beans &amp; Rice<br/>Pineapple</p> <p>AM – Eggs &amp; Sausage<br/>PM – King Cake</p>                                    | <p>Pizza Hut Pizza<br/>Lettuce Salad<br/>Pears</p> <p>AM – Cereal &amp; Toast<br/>PM – Graham Crackers</p>                                    | <p>Meatball Sub<br/>Tater Tots<br/>Berry Fruit Cocktail</p> <p>AM – Breakfast Pastry<br/>PM – Caramel Bar</p>   | <p>Macaroni &amp; Cheese<br/>Green Beans<br/>Orange Wedges<br/>Soft Pretzel</p> <p>AM – Pancakes<br/>PM – White Cake w/Pink<br/>Frosting</p> |
| 22 <sup>nd</sup>  | 23 <sup>rd</sup>  | 24 <sup>th</sup>  | 25 <sup>th</sup>  | 26 <sup>th</sup>   |
| <p>Hot Dog on Bun<br/>Baked Beans<br/>Sliced Peeled Apples</p> <p>AM – Cereal &amp; Toast<br/>PM –Oatmeal Scotty Bar</p>              | <p>Creamed Turkey over<br/>Mashed Potatoes<br/>Cherries<br/>Dinner Roll</p> <p>AM – French Toast<br/>PM – Butterscotch Cookie</p>                         | <p>Pancakes &amp; Sausage<br/>Hash Brown Casserole<br/>Strawberry Glazed Banana</p> <p>AM – Cereal &amp; Toast<br/>PM – Goldfish Crackers</p> | <p>Teriyaki Chicken over Rice<br/>w/Chow Mein Noodles<br/>Japanese Carrot Salad<br/>Mandarin Oranges</p> <p>AM – Breakfast Pastry<br/>PM – Iced Ginger Cookie</p> | <p>Breaded Mozzarella Sticks<br/>w/Marinara Sauce<br/>Celery Sticks<br/>Mixed Fruit</p> <p>AM – Waffles<br/>PM – Pudding Cup</p>             |
|   |   |   |   |   |

Every lunch is served with 2% milk. Snacks are served with milk or juice, dependent upon what snack items are on the menu. Occasionally there will be substitutions as necessary.

