

Lexington Creative Start February

newsletter

Dates to Remember

- 2/3 2:15 Dismissal for everyone including Extended Day.
- 2/5 Policy Council at Central ~ 4 militia Drive.
- 2/12 Open Air Market
- 2/13 Parent Meeting
- 2/18 Holiday Vacation
- return to school 2/24/25.

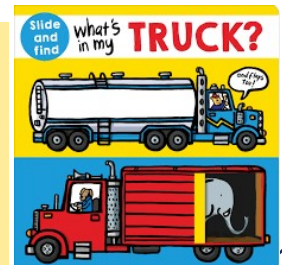
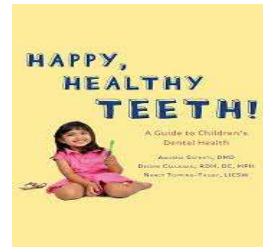


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CURRICULUM

The toddlers will be learning about oral health and community helpers. Our dramatic play area will be a dentist office. In the dentist office they will practice brushing the big mouth teeth with a big toothbrush. Later in the month we will be learning about delivery drivers and construction workers. The books we are using for this month include *Brush, Brush, Brush, Happy Healthy teeth* and *What's in my truck?*



Preschool Classroom #1

The preschoolers will also be learning about teeth and brushing to keep them clean. They will have their dramatic play area set up like a dentist office and pretend what it might be like to be a dentist or dental hygienist. We will be having a dental hygienist visiting us at the school this month too! The preschool books are *Andrew's loose tooth*, and *wiggle waggle*.





Family Engagement & Friendship Day

On February 14, 2025

We will have Friendship and Pajama Day. Children can wear their pajama's to school and bring in friendship cards for their friends.

We will also have an opportunity for the parents to join us in a morning activity at drop off making kindness buckets and learning about things we can do to practice kindness.

Advocacy Day



On February 11, 2025 Those families that are interested are invited to join CUI to the State House to share our stories, concerns, and support of Head Start. Transportation will be provided please let me know if you would like to attend.

Social Emotional Corner with Ms. Lisa

Second Step Updates: Classroom #1 Preschool is working on Unit 2: Empathy Identifying Feelings happy, sad, surprised, scared, and Anger. Same or Different Feelings, Accidents, Caring and Helping.

Baby Doll Updates: Classroom #2 Toddlers are working on I Love You Rituals which include playful, one-on-one interactions that build loving bonds while increasing attention span, decreasing power struggles and promoting language and literacy at school or at home.



February CACFP		2025 ALLERGEN MENU - NOT Gluten Free					 	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
	3	4	5	6	7			
ALLERGEN	Jamaican Chicken Pattie & Seasoned Rice	WG Pasta with Meatsauce	Oven baked Chicken with gravy & Dinner Roll	Oven Fried Chicken Nuggets with Confetti Rice	Mixed Green Salad with Chicken			
VEGETABLE FRUIT	Seasoned Pinto Beans	Fresh Roasted Zucchini	Smashed Potatoes	Fresh Carrots	Tomatoes & Cucumbers			
	Fresh Orange	Fresh Apples	Fresh Banana	Chilled Peach Cup	Fresh Fruit			
	10	11	12	13	14			
ALLERGEN	Grilled Chicken Sand With side of BBQ	Sloppy Joe on WG roll	Chicken Pad Thai over Rice Noodles	Nashville Chicken Sandwich on a EG Roll	Smashburger - WG roll			
VEGETABLE FRUIT	Vegetarian Baked Beans	Fresh Carrots	Gingered Fresh Broccoli	Fresh Cole Slaw	Oven Baked Fries			
	Fresh Pears	Fresh Apples	Fresh Apples	Fresh Melon	Fresh Fruit			
	17	18	19	20	21			
ALLERGEN	Presidents Day	Roast turkey Dinner with stuffing	Spaghetti & Meatballs	Chicken Fajita with onions & peppers	Mixed Green Salad with Chicken, dinner roll			
VEGETABLE FRUIT		Fresh Broccoli	Seasoned Green Beans	Seasoned Black Beans	Tomatoes & Cucumbers			
	24	Fresh Apples	Fresh Banana	Chilled Pineapple Cup	Fresh Fruit			
		25	26	27	28			
ALLERGEN	Crispy Orange Popcorn	Chicken, Bean & Rice Burrito	Grilled Chicken Salad with WG roll Dressing	Polynesian Chicken Stir Fry w/ Pineapple Rice	Crispy Chicken Sandwich			
VEGETABLE FRUIT	Fresh Carrots	Smokey Black Beans	Romaine & tomatoes	Roasted Cauliflower	Sweet Potato Salad			
	Fresh Pears	fresh fruit	Fresh Banana	Fresh Fruit	Fresh Fruit			

All meals meet the CACFP Lunch guidelines - All breads, rice, pasta are WG/WGR
Milk is served Lunch. 1%, Skim or Lactaid

Due to the disruption in the Global Supply Chain, Our menu is subject to change without notice.



Cami Beyl
R.D. 1/23/25

February CACFP 2025				
BREAKFAST MENU				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	3	4	5	6
BREAKFAST	WG Cereal & Fresh Fruit	Muffin & Fruit	Bagel with Butter & Fruit	Fruit, Granola Yogurt Parfait
	10	11	12	13
BREAKFAST	WG Cereal & Fresh Fruit	Muffin & Fruit	Croissant with Butter & Fruit	Blueberry Pancakes & Apple Sauce
	17	18	19	20
BREAKFAST		WG Cereal, 100% Juice & Fruit	French Tst with Apple Sauce	WG Bagel w/butter & Fresh Fruit
	24	25	26	27
BREAKFAST	WG Cereal & Fresh Fruit	Muffin & Fruit	Bagel with Butter & Fruit	Fruit, Granola Yogurt Parfait
				28
				21
				28
				14
				7
				WG Pancakes w/ Syrup & Fresh Fruit

All meals meet the CACFP Breakfast guidelines - All breads, are WG/WGR
 Milk is served with meal. 1%, Skim or Lactaid

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Cami Berglund R.D. 1/23/25

February CACFP		2025		HOT LUNCH		  Redi-Pax <small>Providing the convenience</small>	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	3	4	5	6	7		
ENTRÉE	Jamaican Chicken Pattie & coconut Rice	Cheese Raviolis with Meat sauce	Oven baked Chicken with gravy & Dinner Roll	Oven Fried Chicken Nuggets with Confetti Rice	Fresh-Pax French Bread Pizza		
VEGETABLE FRUIT	Seasoned Pinto Beans Fresh Orange	Fresh Roasted Zucchini Fresh Apples	Smashed Potatoes Fresh Banana	Fresh Carrots Chilled Peach Cup	Green Salad & Dressing Fresh Fruit		
	10	11	12	13	14		
ENTRÉE	Baked Mac & Cheese	Sloppy Joe on WG roll	Chicken Pad Thai over Rice Noodles	Nashville Chicken Sandwich on a EG Roll	Smashburger - WG roll		
VEGETABLE FRUIT	Vegetarian Baked Beans Fresh Pears	Fresh Carrots Fresh Apples	Gingered Fresh Broccoli Fresh Apples	Fresh Cole Slaw Fresh Melon	Oven Baked Fries Fresh Fruit		
	17	18	19	20	21		
ENTRÉE	Presidents Day	Roast turkey Dinner with stuffing	Spaghetti & Meatballs	Chicken & Cheese Quesadilla	Fresh-Pax French Bread Pizza		
VEGETABLE FRUIT		Smashed Potatoes Fresh Apples	Seasoned Green Beans Fresh Banana	Seasoned Black Beans Chilled Pineapple Cup	Sweet potato Fries Fresh Fruit		
	24	25	26	27	28		
ENTRÉE	Orange Kicking Popcorn Chicken Over Rice Noodles	Chicken & Cheese Burrito	Chicken Caesar Salad with WG roll Dressing	Polynesian Chicken Stir Fry w/ Pineapple Rice	Grilled Cheese & tomato		
VEGETABLE FRUIT	Fresh Carrots Fresh Pears	Smokey Black Beans fresh fruit	Romaine & tomatoes Fresh Banana	Roasted Cauliflower Fresh Fruit	Tater Tots Fresh Fruit		

All meals meet the CACFP Lunch guidelines - All breads, rice, pasta are WG/WGR

Milk is served Lunch. 1%, Skim or Lactaid.

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Carin Beylun R.D. 1/23/25

February CACFP 2025 VEGETARIAN MENU					
	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
VEGETARIAN	Jamaican Veggie Pattie & coconut Rice	Cheese Raviolis with Marinara sauce	Black Bean & tofu Teriyaki Stir Fry over	Seasoned Pinto Beans with Rice	Fresh-Pax French Bread Pizza
VEGETABLE	Seasoned Pinto Beans	Fresh Roasted Zucchini	Fresh Broccoli	Fresh Carrots	Green Salad & Dressing
FRUIT	Fresh Orange	Fresh Apples	Fresh Banana	Chilled Peach Cup	Fresh Fruit
	10	11	12	13	14
VEGETARIAN	Baked Mac & Cheese	Lentil Bolognese over rice	Bean curd & tofu Pad thai over Rice Noodles	Vegetarian Jamaican Pattie with Rice	Veggie Burger on a roll
VEGETABLE	Vegetarian Baked Beans	Gingered Carrots	Gingered Broccoli	Roasted Broccoli	Oven Baked Fries
FRUIT	Fresh Pears	Fresh Apples	Fresh Apples	Fresh Melon	Fresh Fruit
	17	18	19	20	21
VEGETARIAN		Vegetarian Dumplings over Rice & Corn	Grilled Cheese with Tomato	Cheese Quesadilla with onions & peppers	Fresh-Pax French Bread Pizza
VEGETABLE		Fresh Broccoli	Seasoned Green Beans	Seasoned Black Beans	Sweet potato Fries
FRUIT		Fresh Apples	Fresh Banana	Chilled Pineapple Cup	Fresh Fruit
	24	25	26	27	28
VEGETARIAN	Vegetable Jambalaya	Vegetable Stir Fry with Black Beans over fried rice	Greek Pasta Salad with Feta, olives and Chic peas	Spicy Mango & Pineapple Bean Curd & Black Beans over rice	Eggplant Parmesan with Pasta
VEGETABLE	Fresh Carrots	Smokey BBQ Black Beans	Tomatoes & Dressing	Fresh Gingered Broccoli	Rst Sweet Potato
FRUIT	Fresh Pears	fresh fruit	Fresh Banana	Fresh Fruit	Fresh Fruit

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Carin Bugher R.D. 1/23/25

February 2025 – Snack Menu - Lexington

3. Yogurt & Fresh Fruit	4. Fresh Fruit & WG Pretzels	5. Cheese & WG Crackers	6. Fresh Fruit & Corn Chips	7. Goldfish & Cucumber Slices
10 WG Saltines & Cheese	11 Yogurt and Fresh Fruit	12 Cheez-its & Bananas	13 Wheat Thins and Fresh Fruit	14 WG Pretzels & Fresh Fruit
17 Agency Closed Presidents day	21 Closed School Vacation Week	22 Closed School Vacation Week	23 Closed School Vacation Week	24 Closed School Vacation Week
27 Fresh Fruit & Graham Crackers	24 Cheez-its & Bananas	25 Wheat Thins & Fresh Fruit	26 WG Pretzels & Fresh Fruit	27 WG Crackers & Cheese

*Water served with all snacks.