



**2024**

## Lexington Creative Start Children's Center

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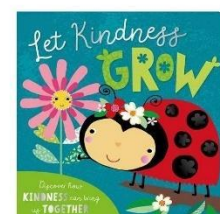
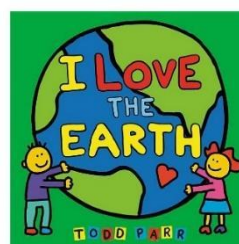
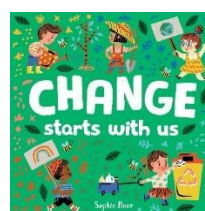
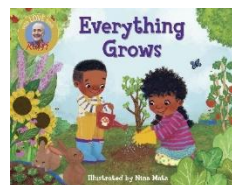
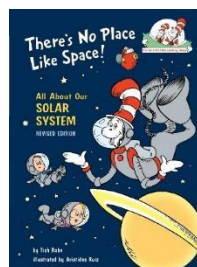
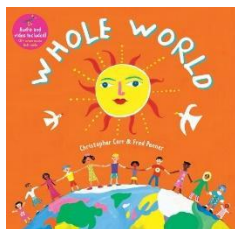
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### CURRICULUM CORNER

**April is the month to learn about Earth Day, Recycling and The Week of the Young Child.**

Earth Day is important because it raises awareness and provides opportunities to come together and take care of our planet. Children will be planting daisies this month for Earth Day. They will learn about our Earth through working with soil, seeds and using the sun and water to take care of their flowers. Spring is in the air and what better way to celebrate than getting outside in the garden, taking walks and enjoying nature.

### Books we are reading this month



## Important Dates



Family Event activities are taking place during the  
Week of the Young Child  
April 8<sup>th</sup> – 12<sup>th</sup> - see attached flyer.

April 10<sup>th</sup> @ 10am Policy Council Meeting

April 22<sup>nd</sup> @ 11am Parent Meeting

April 25<sup>th</sup> @ 2pm Open Air Market

### OPEN HOUSE DATES:

Please share the dates with your friends and family with young children.

4/9 2:30 - 4:30pm

4/23 3 - 6pm

5/7 2:30 - 4:30pm

5/28 3 - 6pm

### REMINDER:

**We will be spending more time outside with it being Spring!**  
**Please make sure your child has an extra set of clothes as children may get Wet**  
**or Muddy as we explore outside!**



## Tips for Picky Eaters



Your child may eat only a certain type of food or refuse foods based on color or texture. They may also play at the table and may not want to eat. Don't worry if your child has some picky eating behaviors, this is temporary. If you don't make it a big deal, it will usually end before school age. Try the following tips to help you deal with your child's picky eating behavior in a positive way:

- ★ Let your kids be “produce pickers.” Let them pick out fruits and veggies at the store.
- ★ Have your child help you prepare meals. Children learn about food and get excited about tasting food when they help make meals. Let them add ingredients, scrub veggies, or help stir food.
- ★ Offer choices. Rather than ask, “Do you want broccoli for dinner?” ask “Which would you like for dinner, broccoli or cauliflower?”
- ★ Offer the same foods for the whole family. Serve the same meal to adults and kids. Let them see you enjoy a variety of healthy foods.
- ★ Talk about the colors, shapes, and textures on the plate.
- ★ Offer one new food at a time. Serve something that you know your child likes with the new food. Offering more new foods all at once could be too overwhelming for your child.

**Offer new foods many times. It can take up to 12 tries for a child to accept a new food.**

Picky eating behavior is common for many children from the age of 2 to 5 years. As long as your child is growing as the doctor suggests, he or she is most likely eating enough to be healthy. If you have concerns about your child's growth or eating behavior, talk to your child's doctor.

## Consejos para los más quisquillosos con la comida



Es posible que su hijo coma solo un determinado tipo de alimento o rechace alimentos según su color o textura. También puede que jueguen en la mesa y no quieran comer. No se preocupe si su hijo tiene conductas selectivas a la hora de comer, esto es temporal. Si no le da mucha importancia, normalmente terminará antes de la edad escolar. Pruebe los siguientes consejos para ayudarlo a lidiar con el comportamiento quisquilloso con la comida de

su hijo de una manera positiva:

- ★ Deje que sus hijos “produzcan recolectores”. Déjalos escoger frutas
- ★ y verduras en la tienda.
- ★ Haga que su hijo le ayude a preparar las comidas. Los niños aprenden sobre la comida y se entusiasman al probarla cuando ayudan a prepararla. Déjalos
- ★ agregue ingredientes, friegue verduras o ayude a revolver los alimentos.
- ★ Ofrezca opciones. En lugar de preguntar: “¿Quieres brócoli para cenar?”
- ★ Pregunte “¿Qué te gustaría cenar, brócoli o coliflor?”
- ★ Ofrezca los mismos alimentos para toda la familia. Sirva la misma comida a adultos y niños. Déjalos ver que disfrutas de una variedad de alimentos saludables.
- ★ Hable sobre los colores, formas y texturas del plato.
- ★ Ofrezca un alimento nuevo a la vez. Sirva algo que sepa que le gusta a su hijo con la nueva comida. Ofrecerle más alimentos nuevos al mismo tiempo podría resultar demasiado abrumador para su hijo.

**Ofrezca alimentos nuevos muchas veces. Un niño puede tardar hasta 12 intentos en aceptar un alimento nuevo.**

El comportamiento quisquilloso con la comida es común en muchos niños de entre 2 y 5 años. Mientras su hijo crezca como sugiere el médico, lo más probable es que esté comiendo lo suficiente para estar sano. Si tiene dudas sobre el crecimiento o el comportamiento alimentario de su hijo, hable con su médico.



*Ensuring the Success of the Child, Empowering the Family, and Strengthening the Community.*

## **Communities United, Inc.**

**Creative Start Children's Centers**

### **WEEK OF THE YOUNG CHILD - APRIL 8<sup>th</sup> – 12<sup>th</sup>**

The Week of the Young Child™ is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC). The purpose of the Week of the Young Child™ is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

**Please attend as many activities with your child this week as you can!**

#### **Musical Monday – April 8<sup>th</sup>**

Join your child for a dance party at pick-up today.



#### **Tasty Tuesday – April 9<sup>th</sup>**

Today we will make Fruit Smoothies & graph our favorite fruits!



#### **Work Together Wednesday – April 10<sup>th</sup>**

Join us today for a “Building Together” Activity at Drop off time today!



#### **Artsy Thursday – April 11<sup>th</sup>**

Children are learning about Recycling & Reusing materials, today they will create their own 3-D art with some recycled materials.



#### **Family Friday – April 12<sup>th</sup>**

Parents please join us for a **planting activity** today at Drop-off or Pick-up time on the playground with your child!



**LEXINGTON CREATIVE START**

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# April Breakfast & Snack

BREAKFAST	WG Cereal & Apple Sauce	WG Corn Muffin and Apple	WG Bagel with butter & Fresh banana	WG French Toast Stick & Apple Sauce	WG Honey Bun & Chilled Pineapple
BREAKFAST	WG Cereal & Chilled Peaches	WG Blueberry Muffin and Orange	WG Cereal & Fresh apple	WG Waffle- Apple Sauce	WG Bagel & Chilled Peaches
BREAKFAST	WG Cereal & Chilled Pineapple	WG Muffin with Fresh Clementine	WG Cereal with Apple	WG French Toast Stick & Apple Sauce	WG Croissant & Apple Sauce
BREAKFAST	WG Cereal with Apple Sauce	Blueberry Muffin and Mandarin	WG Cereal with Chilled peaches	WG Pancakes & Apple Sauce	WG Bagel & Fresh apple

Due to the disruption in the Global Supply Chain, Our menu is subject to change without notice.  
 All meals meet the CACFP & NSRP guidelines - All listed grains are WG/NSRP  
 No Milk is served with breakfast, 1%, Skim or Lactaid.

*Carmen Berglund R.D. 3/27/24*



# April Child Care

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
ENTRÉE	Chicken nuggets w/ wg cornfed rice	Chicken Parm with WG Pasta	Chicken Caesar salad WG roll	BBQ Turkey Meatballs W/ WG Rice Pilaf	Smash Burger w/ wg roll
VEGETARIAN	Tofu Nuggets w/ wg Cornfed Rice	Caprese parm with WG pasta & Mozzarella	Garden salad w/ Seasoned beans w/ WG Roll	Veg meat balls w/WG Rice Pilaf	Black bean burger with wg roll
ALLERGY MEAL	Grilled Chick w/ wg Cornfed rice	Rot Turkey with Brown Rice & sauce	Grilled Chicken salad w/ vinaigrette & GF roll	Grilled Turkey W/ WG Rice Pilaf	Turkey smash burger with gf roll
VEGETABLE	Roasted Sweet Potatoes	Roasted carrots	Lettuce, tomato & cucumber - cut in small pic	Seasoned Pinto Beans	Oven baked fries with ketchup
FRUIT	Fresh Pear	Fresh orange	Blood orange	Banana	Fresh apple
ENTRÉE	Chicken Teriyaki w/ WG Fried Rice (GF)	Beignets with WG pasta	Grilled BBQ Chicken & Cheddar WG Wrap	Amos Cox Pate (Brown Rice & Beans W/CHD)	Cheese Linguine W/ Mozzarella
VEGETARIAN	Vegetarian dumplings w/ vegetable WG Fried rice	Italian Style Corned Beans over WG Pasta	Pesto Bean and Cheddar WG Wrap	Spanish rice W/ Red Kidney Beans	Same as main option
ALLERGY MEAL	Grilled Chick w/ WG WG Fried rice	Same as main meal with GF pasta	Grilled Chicken WG GF wrap	Same as main option	Grilled chicken Cacciatore W/ gf pasta
VEGETABLE	Glazed Broccoli	Fresh Carrots	Fresh Cucumber/Wedges	Fresh Squash	Green Beans
FRUIT	Fresh orange	Fresh Apple	Fresh Mandarin Orange	Seasoned Black Beans	Fresh apple
ENTRÉE	Grilled Chicken w/ Cornfed WG Rice	Chicken Alfredo with WG Pasta	Turkey Taco with WG Tortilla & Cheddar	Asian Noodles with Chicken & black beans	WG Chicken sand WG roll
VEGETARIAN	Vegetarian dumplings w/ WG Tofu Fried rice	White Bean Alfredo with WG Pasta	Seasoned Black Bean Taco with Ched & WG Tortilla	vegetable Spring Roll w/ edamame	Grilled Portobello Sand with Cheese & WG roll
ALLERGY MEAL	Same as main option	Gr Chicken with brown rice	Turkey Taco with GF Tortilla	Gr Chicken Stir Fry over brown rice	Grilled Chicken Sand with GF roll
VEGETABLE	Fresh Squash	Fresh Broccoli	Seasoned Pinto Beans	Glazed Broccoli	Oven baked sweet potatoes
FRUIT	Fresh orange	Fresh Apple	Diced pineapple	Banana	Pears
ENTRÉE	Red Chicken sand WG roll	Roasted Mac & chey w/ ground turkey	Chicken Andouille Sausage w/ WG Dirty Rice	Chicken And Broccoli Stir Fry W/ Fried rice	Italian meatballs W/ marinara and WG pasta
VEGETARIAN	Grilled Portobello Sand with Cheese & WG roll	Baked maccheese w/ Seasoned Beans	Tofu Nuggets W/ WG dirty rice	vegetable Spring Roll w/ edamame	Veg meatballs W/ Marinara and WG pasta
ALLERGY MEAL	Grilled Chicken Sand with GF roll	Same as main meal with GF pasta	Grilled Chicken W/ WG Dirty rice	Same as main option	Grilled Chicken W/ marinara and GF pasta
VEGETABLE	Oven baked Sweet potato Fries	Seasoned Green Beans	Seasoned Black Beans	Fresh Carrots	Fresh Carrots
FRUIT	Fresh Orange	Fresh Apple	Fresh Fruit	Banana	Diced pineapple

Due to the disruption in the Global Supply Chain, Our menu is subject to change without notice.  
 All meals meet the CACFP guidelines - All breads, rice, pasta and snacks are WG/NSRP  
 Milk is served with Dinner, 1%, Skim or Lactaid.

Allergy meal free of: egg, gluten, dairy, peanut, fish, shellfish and sesame/soy  
 Abbreviations: Ch - chicken, BF - breaded, GF - gluten-free, WG - whole grain.

*Carmen Berglund R.D. 3/27/24*