

February Menu

Breakfast

Lunch

3:30 Snack

Wednesday, 2/1	Pancakes, Peaches & Milk	Turkey Sausage w/Broccoli & Pasta, Pineapple & Milk	Frozen Yogurt & Goldfish
Thursday, 2/2	Cheese Grits, Mixed Fruit & Milk	BBQ Turkey Sliders, String Beans, Pears & Milk	Apple Slices & Pretzels
Friday, 2/3	Blueberry Muffins, Mandarin Oranges & Milk	Spaghetti w/Meatballs, Broccoli, Peaches & Milk	Cheese & Crackers
Monday, 2/6	Waffles, Apples & Milk	Bean & Cheese Burrito, Salad w/ Ranch Dressing, Peaches & Milk	Apple Slices & Whole Grain Cheerios
Tuesday, 2/7	Grilled Cheese Toast, Pears & Milk	BBQ Chicken with Brown Rice, Field Peas w/ Snaps, Pineapple & Milk	Banana & Veggie Straws
Wednesday, 2/8	Banana Muffins, Applesauce & Milk	Pot Roast, Mashed Potatoes, Peas & Carrots, Mandarin Oranges & Milk	Whole Grain Cheerios w/ Craisins
Thursday, 2/9	Biscuit with Turkey Sausage Patty, Fruit & Milk	Turkey Sandwich, Salad w/ Ranch Dressing, Banana & Milk	Applesauce & Chex Mix
Friday, 2/10	Cheese Grits, Pears & Milk	Chicken Sliders, Purple Hull Peas, Mixed Fruit & Milk	Carrots with Ranch Dressing (Inf/Tods Frozen Peas &
Monday, 2/13	Breakfast Turkey, Whole Wheat Toast, Applesauce & Milk	Meatballs w/ Brown Rice, Broccoli, Oranges & Milk	Banana & Whole Grain Cheerios
Tuesday, 2/14	Yogurt cup with Peaches & Milk	Whole Wheat Cheese Quesadillas, Peas and Carrots, Pears & Milk	Valentines Day Party
Wednesday, 2/15	Grits with Turkey Sausage, Oranges & Milk	Chicken Spaghetti, Purple Hull Peas, Peaches & Milk	Fresh Fruit & Pretzels
Thursday 2/16	Blueberry Muffins, Pears & Milk	Baked Chopped Steak, Mashed Potatoes, Baby Lima Beans, Pineapple & Milk	Yogurt or Gogurt with Blueberries
Friday 2/17	Oatmeal, Peaches & Milk	Grilled Cheese Sandwich, Green Beans, Banana & Milk	Sliced Oranges & Animal Crackers
Monday 2/20	Banana Muffins, Apple Slices & Milk	Chicken Pilaf, Banana & Milk	Fresh Fruit & Cheese Cubes
Tuesday 2/21	Grilled Cheese Toast, Oranges & Milk	Chicken Nuggets, Green Peas, Tater Tots, Applesauce & Milk	Whole Grain Cheerios & Raisins
Wednesday 2/22	Whole Wheat Breakfast Wrap w/ Cheese and Turkey Sausage, Pineapple & Milk	BBQ Chicken Sliders, Field Peas w/ Snaps, Pears & Milk	Carrots with Ranch Dressing (Inf/Tods Frozen Peas & Carrots)
Thursday 2/23	Waffles, Applesauce & Milk	Meatballs w/ Brown Rice, Broccoli, Oranges & Milk	Raisins & Goldfish
Friday 2/24	Oatmeal, Peaches & Milk	Turkey-Ham Sandwich, Salad with Ranch Dressing, Pears & Milk	Apple Slices & Veggie Straws
Monday 2/27	Turkey Sausage Patty, Whole Wheat Toast, Banana & Milk	Cheese Tortellini, Baby Lima Beans, Pineapple & Milk	Cheese and Crackers
Tuesday 2/28	Banana Muffins, Peaches & Milk	Bean & Cheese Burrito on Whole Wheat Tortilla, Salad w/ Ranch Dressing, Oranges & Milk	Whole Grain Cheerios with Blueberries

- All canned fruit is stored in fruit juice and/or water (not syrup)
- Bread and tortillas are whole wheat
- Most vegetables are fresh/frozen (not canned)
- We are looking into serving more fresh/frozen fruit options

More new and improved menu items to come!

www.GrowingRoomChildCare.com

Growing Room News

Loving and Learning The Growing Room Way.

February 2017

Happy Valentine's Day!

A Pocketful of Hearts



Please join us in our celebration of Valentine's Day with your wonderful children and their amazing teachers! **"Give a Heart Week"** will be **February 13th to 17th!** There will be heart cut-outs available at the front desk for you to write a special message to the staff. The hearts will be proudly displayed in the front lobby. This is always a very special gift to our teachers, administrative staff and our wonderful cooks!

All classrooms, including school-age, will enjoy a Valentine's Day party on February 14th! The preschool parties will begin at 3:00p.m. and the school-age parties will begin at 3:30p.m. The children will exchange Valentine's Day cards in each of the Infant 2—K4 classrooms. Your child's teacher will provide more information about the Valentine's Day celebrations closer to time. Look for the sign-up sheet on the classroom door.

Registration for the 2017-2018 School Year



The Enrollment Agreement for the 2017-2018 school year went home on January 25th. Please be sure to fill out the forms and return them to the front desk no later than February 24th. The non-refundable registration fee is due at the time you turn in your Enrollment Agreement. The non-refundable supply fee can be split into two installments for your convenience with final payment being due June 15th.

We are looking forward to spending another fun filled year with your family!

SAVE THE DATE!

Growing Room is very excited to host our annual event with March of Dimes!

Growing Room & March for Babies 2017 Family Teams Kick Off and Family Fun Day

Sunday, March 5th
Growing Room 3
1:00-3:00 p.m.

There will be food, games, bouncy houses, and MORE! It is sure to be lots of fun for the whole family! More details to come closer to the event.

Making a Difference Employee for February

Growing Room 1
Ms. Staci Eppes
Assistant Director

Growing Room 2
Ms. Lana Asad
Infant 1A Para Pro

Growing Room 3
Ms. Sarah Sanford
Floater

Ms. Staci is a flexible and dedicated employee. She wears many hats and does so with ease. Ms. Staci is creative, takes pride in everything she does and loves working with our families. Ms. Staci is a definite asset to our Growing Room team.

Ms. Lana is a wonderful addition to our Infant team. She brings a motherly, loving touch to our team. She loves and cares for the babies as if they are her own. We are so thankful for Ms. Lana!

Ms. Sarah is a part time afternoon floater who is pursuing her degree. She has matured in her teaching role and helping run the center in the afternoons. Ms. Sarah has become a real team player!

Thank you Ms. Staci
for
Making a Difference!

Thank you Ms. Lana
for
Making a Difference!

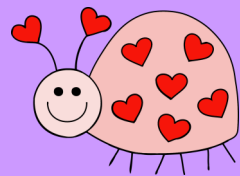
Thank you Ms. Sarah
for
Making a Difference!

Character Education Topic for February BEING A FRIEND

Your child will learn about being a friend through the use of character education books, character critters, teacher role modeling and positive reinforcement.

As part of the learning process, your child will learn that:

- Good friends are kind
- Good friends help each other
- Good friends share
- Good friends stick together
- Good friends care for each other
- Good friends listen to each other
- Good friends help each other solve problems
- Good friends give each other compliments



NIGHT OWL

Saturday, February 25th
5:30—11:00 p.m.
Growing Room 3



\$40.00 for the first child
\$20.00 for each sibling
Minimum of 18 children

Helpful Parent Reminders

- February 3.....Spirit Day Friday
- February 9.....Come to School Dressed Like a Dentist
- February 10.....Spirit Day Friday
- February 13-17.....Give a Heart Week
- February 14.....Come to School Dressed in Red, Pink & White
- February 14.....Valentine's Day Exchange & Parties
- February 17.....Spirit Day Friday
- February 24.....Spirit Day Friday
- February 25.....Night Owl
- February 27-March 3.....Dr. Seuss Week

TO ALL OF OUR FAMILIES WHO CELEBRATE BIRTHDAYS IN FEBRUARY, WE WISH YOU A VERY HAPPY DAY!

A Visit to the Dentist

February is National Children's Dental Health Month. This month-long national health observance brings together thousands of dedicated dental professionals, healthcare providers, and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others.

The children will learn the difference between healthy and unhealthy teeth, what a cavity is and how to properly brush their teeth. They will even get to paint with toothbrushes!

It is recommended that a child's first dental check up should be around the age of one. A check-up every six months is recommended in order to prevent cavities and other dental problems.



At Growing Room, we begin brushing teeth with the children in our K-3 classes. It is recommended that children should brush their teeth twice daily. Most pediatric dentists recommend parents begin gently brushing the teeth of infants as soon as they break through the gum.

This month our children will get a special visit from Tallahassee Pediatric Dentistry!

Growing Room Travels Around the World

Thank you to everyone who came out to Growing Room Travels Around the World! The food was delicious and we had a great night. A big thank you to our staff for all the hard work they put into making the night a success and to all our families who brought food to share!

We are already looking forward to next year!

