

# October Menu

## OCTOBER 1 - 3

### WEDNESDAY 10/1

Breakfast - Oatmeal, Diced Peaches & Milk  
 Parent Breakfast - Cheddar Bay Biscuits  
 Lunch - Fish Sticks, Mashed Potatoes, Diced Pears & Milk  
 3pm Snack - Apple Slices

### THURSDAY 10/2

Breakfast - Waffles, Mixed Fruit & Milk  
 Parent Breakfast - Chefs Choice  
 Lunch - Chicken Pilaf, String Beans, Pineapple Tidbits & Milk  
 3pm Snack - Cheese & Crackers

### FRIDAY 10/3

Breakfast - Cheese Grits w/Ham, Mandarin Oranges & Milk  
 Parent Breakfast - Cheese Biscuits  
 Lunch - Chicken Nuggets, Mashed Potatoes, Diced Peaches & Milk  
 3pm Snack - Melon Chunks

## OCTOBER 6 - 10

### MONDAY 10/6

Breakfast - Pancakes, Applesauce & Milk  
 Parent Breakfast - Blueberry Muffins  
 Lunch - Meatballs & Spaghetti, String Beans, Mixed Fruit & Milk  
 3pm Snack - Fresh Fruit

### TUESDAY 10/7

Breakfast - Cheese Grits, Diced Peaches & Milk  
 Parent Breakfast - Ham Biscuits  
 Lunch - Chicken Sliders, Baked Beans, Diced Pears & Milk  
 3pm Snack - Frozen Yogurt

### WEDNESDAY 10/8

Breakfast - French Toast, Mandarin Oranges & Milk  
 Parent Breakfast - Chefs Choice  
 Lunch - BBQ Chicken & Rice, Zipper Peas, Pineapple Tidbits & Milk  
 3pm Snack - Pretzels

### THURSDAY 10/9

Breakfast - Oatmeal, Applesauce & Milk  
 Parent Breakfast - Peach Muffins  
 Lunch - Cheese Pizza, String Beans, Diced Peaches & Milk  
 3pm Snack - Apple Slices

### FRIDAY 10/10

Breakfast - Cheese Biscuits, Mixed Fruit & Milk  
 Parent Breakfast - Pear Muffins  
 Lunch - Beef Nuggets, Mashed Potatoes, Diced Pears & Milk  
 3pm Snack - Goldfish Crackers

\*Please Note:

The sausage being served is turkey sausage

## OCTOBER 13 - 17

### MONDAY 10/13

Breakfast - Waffles, Mandarin Oranges & Milk  
 Parent Breakfast - Applesauce Muffins  
 Lunch - Chicken & Sausage\* Paella, Zipper Peas, Pineapple Tidbits & Milk  
 3pm Snack - Cheese & Crackers

### TUESDAY 10/14

Breakfast - Blueberry Muffins, Diced Peaches & Milk  
 Parent Breakfast - Peach Muffins  
 Lunch - Cheese Tortellini, String Beans, Mixed Fruit & Milk  
 3pm Snack - Apple Slices

### WEDNESDAY 10/15

Breakfast - Cheese Grits w/Ham, Applesauce & Milk  
 Parent Breakfast - Cheese Biscuits  
 Lunch - Chicken Spaghetti, Green Peas, Diced Pears & Milk  
 3pm Snack - Frozen Yogurt

### THURSDAY 10/16

Breakfast - Oatmeal, Mandarin Oranges & Milk  
 Parent Breakfast - Chefs Choice  
 Lunch - Baked Chopped Steak, Mashed Potatoes Diced Peaches & Milk  
 3pm Snack - Animal Crackers

### FRIDAY 10/17

Breakfast - French Toast, Mixed Fruit & Milk  
 Parent Breakfast - Banana Muffins  
 Lunch - Fish Sticks, Tater Tots, Diced Pears & Milk  
 3pm Snack - Melon Chunks

## OCTOBER 20 - 24

### MONDAY 10/20

Breakfast - Cheese Biscuits, Applesauce & Milk  
 Parent Breakfast - Cranberry Muffins  
 Lunch - Chicken & Sausage\* Tetrizzini, Broccoli, Diced Pears & Milk  
 3pm Snack - Goldfish Crackers

### TUESDAY 10/21

Breakfast - French Toast, Mixed Fruit & Milk  
 Parent Breakfast - Ham & Cheese Biscuits  
 Lunch - Chefs Choice, String Beans, Diced Peaches & Milk  
 3pm Snack - Apple Slices

### WEDNESDAY 10/22

Breakfast - Cheese Grits, Diced Pears & Milk  
 Parent Breakfast - Chefs Choice  
 Lunch - Sloppy Joe, Green Peas, Pineapple Tidbits & Milk  
 3pm Snack - Frozen Yogurt

\*\* Please remember to send in a substitute if there is something on the menu your child cannot eat due to allergies or other food restrictions. All substitutes need to be checked in at the front desk and must be nut free!

## THURSDAY 10/23

Breakfast - Oatmeal, Mandarin Oranges & Milk  
 Parent Breakfast - Banana Muffins  
 Lunch - Italian Chicken & Broccoli w/Pasta, Diced Peaches & Milk  
 3pm Snack - Cheese & Crackers

## FRIDAY 10/24

Breakfast - Waffles, Mixed Fruit & Milk  
 Parent Breakfast - Cheese Biscuits  
 Lunch - Cheesy Rice & Smoked Sausage\* Casserole, Zipper Peas, Pineapple Tidbits & Milk  
 3pm Snack - Melon Chunks

## OCTOBER 27 - 31

### MONDAY 10/27

Breakfast - Banana Muffins, Applesauce & Milk  
 Parent Breakfast - Cheddar Bay Biscuits  
 Lunch - Chicken & Pasta Primavera, Diced Peaches & Milk  
 3pm Snack - Goldfish Crackers

### TUESDAY 10/28

Breakfast - Pancakes, Pineapple Tidbits & Milk  
 Parent Breakfast - Applesauce Muffins  
 Lunch - Chicken Cordon Bleu, String Beans, Mixed Fruit & Milk  
 3pm Snack - Apple Slices

### WEDNESDAY 10/29

Breakfast - Cheese Grits w/Ham, Diced Pears & Milk.  
 Parent Breakfast - Chefs Choice  
 Lunch - Chicken & Spanish Rice, Zipper Peas, Diced Peaches & Milk  
 3pm Snack - Frozen Yogurt

### THURSDAY 10/30

Breakfast - Oatmeal, Diced Pears & Milk  
 Parent Breakfast - Cheese Biscuits  
 Lunch - Cheesy Macaroni w/Vegetables & Smoked Sausage\*, Pineapple Tidbits & Milk  
 3pm Snack - Animal Crackers

## FRIDAY 10/31 (Happy Halloween!)

Breakfast - French Toast, Mandarin Oranges & Milk  
 Parent Breakfast - Blueberry Muffins  
 Lunch - Chicken Nuggets, Tater Tots, Mixed Fruit & Milk  
 3pm Snack - Fall Class Party!

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# Growing Room News

Love and Learning: The Growing Room Way



October 2014

www.GrowingRoomChildCare.com

## Florida Prepaid Lowers Rates

Open Enrollment Begins October 15th



As part of our Growing Room family, we know you value your child's education and are committed to investing in the best opportunities for them. Not just now, but for the future.

When your children are this young, college can seem a long way off. As our partner, the Florida Prepaid College Board, reminds us, saving now is a great way to ensure their college education is covered in a way that is more affordable for you. Currently, Florida Prepaid College Plans are significantly more affordable than in recent years, with prices of the most popular plans dropping to their lowest levels since 2007.

When Open Enrollment begins on Oct. 15th, families will have the opportunity to purchase a 4-Year Florida University Plan for as low as \$173 a month or a 2 + 2 Florida Plan for as low as \$136 a month. These prices reflect **up to a 50 percent decrease** from last year, and come without any change in Prepaid Plan coverage.

For the first time ever, the Florida Prepaid will also offer a new 1-Year Florida University Plan which allows families to purchase up to four years at a state university in one-year increments as their budgets afford them. The 1-Year University Plan starts as low as \$43 per month and is also a great way for different family members to contribute to the same child's college savings. Grandparents could purchase one year, Godparents purchase another, and so on, to cover all four years.

Open Enrollment runs from **Oct. 15, 2014 - Feb. 28, 2015**. Be on the lookout for more information in your child's Parent Folder or visit [www.myfloridaprepaid.com](http://www.myfloridaprepaid.com).

## Fall Festival Celebrations

On **Friday, October 31st**, all centers will celebrate the fall season with costumes, games, parties and candy. Children are encouraged to wear costumes (nothing scary, please). Please provide one bag of approved candy (Ex. Skittles, Laffy Taffy, Smarties) or other age-appropriate treats (Tattoos, balls) for the children in your child's class.

As a reminder, **NO NUT PRODUCTS** are allowed in the center!

### Family Pumpkin Carving Contest

Show off your creative side! Decorate a pumpkin with your child and drop it off at your center on **Wednesday, October 29th**. There will be a winner at each center! Winners will receive a \$25 credit on their account.



### Preschool Fall Festival

9:30 a.m.

**Fall Parties**  
 Preschool, 3:00 p.m.  
 School-Age, 3:30 p.m.

### Extra Curricular Activities

- ☺ Dance
- ☺ Junior Gym
- ☺ Jingle Jam
- ☺ Jellybeans— Young Actors Studio
- ☺ Playball

### Sign Up Today!

### Our Partners



**Character Education in October**

# Being Truthful

Your child will learn the importance of being truthful and honest. They will be taught what it means to be reliable, keep promises, follow through on commitments and to have the courage to do what is right, even when it is difficult. They will also discuss the importance of not betraying a trust and how to be a good friend.

Teachers will encourage the children to be trustworthy while remembering that it is hard for preschool children to distinguish between truth and fantasy. They will use positive reinforcement for being truthful by praising the child for making the right decisions. Teachers will allow the children to give examples of when they have told the truth and/or when they should tell the truth about something very important.

## Vote for Your Favorites



We are pleased to announce **Growing Room Tallahassee** has been nominated for the Tally Awards! The Tally Awards are The People's Choice for Tallahassee's Favorite Businesses.

We would love your vote in the **Early Child Development Center/Preschool** category. To vote visit [www.tallyawards.com/vote](http://www.tallyawards.com/vote). Just sign in through your Facebook account to cast your vote! It is that easy!

Thank you for helping us raise the bar in early child development!

## Helpful Parent Reminders

- October 3.....Spirit Day Friday
- October 6-10.....Firemen and Fire Engine Visit this Week
- October 10.....Come to School Dressed like a Firefighter
- October 10.....GR1 VPK Field Trip to Pumpkin Patch
- October 16.....Diaper Derby, Infants—Infant 2
- October 17.....Spirit Day Friday
- October 17.....Family Picture Show and Tell
- October 24.....Spirit Day Friday
- October 25.....Night Owl
- October 27.....GR3 K4A Field Trip to Pumpkin Patch
- October 28.....GR3 K4B Field Trip to Pumpkin Patch
- October 29.....Family Pumpkin Decorating Contest
- October 29.....GR2 VPK Field Trip to Pumpkin Patch
- October 31.....Fall Festival, 9:30 a.m.
- October 31.....Fall Parties, Preschool 3:00 p.m. and School-Age 3:30 p.m.

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

## Paint the Town PINK!



October is Breast Cancer Awareness month. Several of our Growing Room family members have been affected by this disease and/or know someone who has.

Please join us on **Thursday, October 2nd** as we help the Tallahassee Democrat

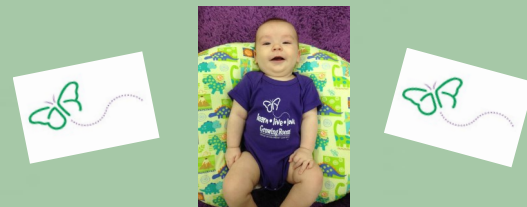
*Paint the town PINK!*

Dust off those pink clothes, pink ribbons, and pink streamers. Help us raise awareness for breast cancer by going **PINK!**

## Spirit Day Friday

Each Friday at Growing Room is Spirit Day Friday! We encourage our children and our staff to wear their Growing Room t-shirt to show their Growing Room spirit!

We now have Growing Room onesies for the littlest members of our Growing Room family! They are \$7 each and come in 6-month, 12-month, and 18-month sizes. Stop by the front desk and get yours before they are gone! Limited quantities available for purchase.



Have you noticed our teachers and children wearing their new **GREEN** Growing Room shirt? We are loving them! If you missed out on the initial order, we have limited quantities available for purchase. Get yours soon—they are going fast!

## “Making a Difference Employee” for October

Growing Room 1  
Ms. Diandra Dalrymple  
K2B Para Pro

Ms. Diandra is a real team player. She loves working with the two year old class. Ms Diandra is extremely flexible and will help out wherever she is needed. She is an awesome asset to our Growing Room family.

Thank you Ms. Diandra  
for  
Making a Difference!

Growing Room 2  
Mrs. Kathy Eichenlaub  
K4B Lead

Mrs. Kathy started with Growing Room in 2010. She goes above and beyond each week to enhance the children's learning all while making the lessons fun and interesting. Mrs. Kathy does an excellent job preparing her class for Kindergarten. We are so thankful for Mrs. Kathy's hard work and dedication!

Thank you Mrs. Kathy  
for Making a Difference!

Growing Room 3  
Ms. Savannah Waddell  
K4B Para Pro

Ms. Savannah started with Growing Room at the beginning of the school year. She jumped right in eager to learn the Growing Room Way and has done a fantastic job. Ms. Savannah always has a smile on her face and is an absolute joy to work with!

Thank you Ms. Savannah  
for  
Making a Difference!

## Are you receiving our emails?



Welcome to all of our new families! Email is a valuable way for us to stay in touch with you! If you are not receiving our emails please add

[info@GrowingRoomChildCare.com](mailto:info@GrowingRoomChildCare.com)

to your address book and send us an email to ensure you are on our list.

We promise not to fill up your inbox with junk mail! We just want to ensure you know what is going on around the center and in your child's class.

## NIGHT OWL Saturday, October 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**