

July Menu



JULY 1 - 3

WEDNESDAY 7/1

Breakfast - Waffles, Pears & Milk
Lunch - BBQ Chicken w/Rice, String Beans, Mixed Fruit & Milk
3pm Snack - Animal Crackers

THURSDAY 7/2

Breakfast - Oatmeal, Peaches & Milk
Lunch - 4th of July Picnic—Mini Corndogs, String Beans, Fruit
3pm Snack - Goldfish Crackers

FRIDAY 7/3

All Centers Closed in Observance of Independence Day

JULY 6 - 10

MONDAY 7/6

Breakfast - Pancakes, Applesauce & Milk
Lunch - Oriental Chicken w/Rice & Vegetables, Diced Peaches & Milk
3pm Snack - Cheese & Crackers

TUESDAY 7/7

Breakfast - Cheese Biscuits, Mandarin Oranges & Milk
Lunch - Turkey Stroganoff w/Pasta, Purple Hull Peas, Diced Pears & Milk
3pm Snack - Frozen Yogurt

WEDNESDAY 7/8

Breakfast - Cheese Grits, Pineapple Tidbits & Milk
Lunch - Meatballs & Spaghetti, String Beans, Peaches & Milk
3pm Snack - Animal Crackers

THURSDAY 7/9

Breakfast - Oatmeal, Mandarin Oranges & Milk
Lunch - Chicken Nuggets, Mashed Potatoes, Pineapple Tidbits & Milk
3pm Snack - Pretzels

FRIDAY 7/10

Breakfast - Chocolate Chip Muffins, Applesauce & Milk
Lunch - Fish Nuggets, Tater Tots, Mixed Fruit & Milk
3pm Snack - Goldfish Crackers

JULY 13 - 17

MONDAY 7/13

Breakfast - French Toast, Applesauce & Milk
Lunch - Chicken Spaghetti, Purple Hull Peas, Diced Peaches & Milk
3pm Snack - Frozen Yogurt

TUESDAY 7/14

Breakfast - Peach Muffins, Mandarin Oranges & Milk
Lunch - Chicken & Pasta Primavera, Diced Pears & Milk
3 pm snack - Melon Chunks

WEDNESDAY 7/15

Breakfast - Cheese Grits w/Ham, Pineapple Tidbits & Milk
Lunch - Baked Chopped Steak, Mashed Potatoes, Diced Peaches & Milk
3pm Snack - Cheese & Crackers

THURSDAY 7/16

Breakfast - Oatmeal, Mandarin Oranges & Milk
Lunch - Italian Chicken & Pasta, Green Peas & Carrots, Pineapple Tidbits & Milk
3pm Snack - Vanilla Wafers

FRIDAY 7/17

Breakfast - Blueberry Muffins, Applesauce & Milk
Lunch - Cheese Pizza, String Beans, Mixed Fruit & Milk
3pm Snack - Goldfish Crackers

JULY 20 - 24

MONDAY 7/20

Breakfast - Waffles, Mandarin Oranges & Milk
Lunch - Beef Nuggets, Mashed Potatoes, Diced Pears & Milk
3pm Snack - Goldfish Crackers

TUESDAY 7/21

Breakfast - Banana Muffins, Applesauce & Milk
Lunch - Italian Chicken & Broccoli w/Pasta, Diced Peaches & Milk
3pm Snack - Animal Crackers

WEDNESDAY 7/22

Breakfast - Cheese Grits, Mixed Fruit & Milk
Lunch - Sloppy Joe, String Beans, Diced Pears & Milk
3pm Snack - Frozen Yogurt

THURSDAY 7/23

Breakfast - Oatmeal, Mandarin Oranges & Milk
Lunch - Mini Corn Dogs, Baked Beans, Diced Peaches & Milk
3pm Snack - Cheese & Crackers

FRIDAY 7/24

Breakfast - Peach Muffins, Mixed Fruit & Milk
Lunch - Chicken Nuggets, Mashed Potatoes, Diced Peaches & Milk
3 pm Snack - Vanilla Wafers

JULY 27 - 31

MONDAY 7/27

Breakfast - French Toast, Applesauce & Milk
Lunch - Chicken & Broccoli Alfredo, Diced Pears & Milk
3pm Snack - Frozen Yogurt

TUESDAY 7/28

Breakfast - Peach Muffins, Mixed Fruit & Milk
Lunch - Meat Sauce & Macaroni, String Beans, Diced Peaches & Milk
3pm Snack - Cheese & Crackers

WEDNESDAY 7/29

Breakfast - Cheese Grits w/Ham, Applesauce & Milk.
Lunch - Chefs Choice, Pineapple Tidbits & Milk
3pm Snack - Melon Chunks

THURSDAY 7/30

Breakfast - Oatmeal, Mandarin Oranges & Milk
Lunch - Chicken & Sausage Tetrizzini, Purple Hull Peas, Diced Pears & Milk
3pm Snack - Goldfish Crackers

FRIDAY 7/31

Breakfast - Cheese Biscuits, Diced Peaches & Milk
Lunch - Fish Nuggets, Tater Tots, Pineapple Tidbits & Milk
3pm Snack - Vanilla Wafers

Like
"Growing Room Tallahassee"
@Growing_Room
www.pinterest.com/grtally

**** 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!**

**** Sausage being served is turkey sausage**

Licenses: C02LE0507, C02LE0518, C02LE0578

Growing Room News

Loving and Learning The Growing Room Way.

July 2015

www.GrowingRoomChildCare.com

Happy 4th of July!
All Centers will be closed Friday, July 3rd

Preschool 2 Me

We are excited to announce a new program at Growing Room Tallahassee. Starting July 13th, you will no longer receive paper activity reports. Instead, you will be receiving digital daily activity reports on your smart device or through your e-mail from Preschool2me. These reports will contain pictures, lesson plans and other important information about your child's day at our school sent from a secure, encrypted server.

A letter will go home July 1st with information on how this transition will take place and what it means for you and your family. An account with Preschool2Me will need to be established. In order to do this, we will use your email address we have on file. Please stop by the front desk to ensure we have your correct email address.

Our goal is that by using this program it will enhance your daily experience and communication with your child's teacher and the center. We know that you are going to love it as much as we do!

For more information please visit, <https://www.preschool2me.com/users/privacy.html>.

Extra Curricular Activities

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

Sign Up Today!

Our Partners



2015-2016 School Year



The 2015-2016 school year will be here before we know it!

Looking ahead, we want to remind you that we will be closed on **Friday, August 14th for Teacher Planning Day**. We will also have our Back to School Orientation the same day from 4:00—5:00 p.m. This will be a great time for you to come meet your child's new teacher and see his/her new classroom.

Please let us know if you have any questions!

Alex's Lemonade Stand



A big thank you to everyone who stopped by to support our school-age summer campers lemonade stand. We were able to raise over \$130 for Alex's Lemonade Stand Foundation!

YOGA is Coming to Growing Room

We are excited to announce that we will be incorporating yoga into our K3-K4 program starting with the 2015-2016 school year. Yoga is about exploring and learning in a fun, safe and playful way. What a great fit for our little ones!

There are many benefits of the body, mind and spirit that can be found in children when they practice yoga.

Body:

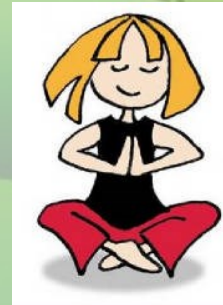
- Develops a strong and flexible body
- Increases balance, body awareness and coordination
- Encourages midline crossing motions; motor development on both sides of the body

Mind:

- Increases concentration, focus and attention span
- Promotes thinking and memory
- Expands imagination and creativity

Spirit:

- Builds confidence and self-esteem
- Develops discipline and self-control
- Supports individuality and self-expression



Overall, Yoga has been proven to improve the mind/body connection, encourage a fit and healthy lifestyle and promote an overall sense of well-being. We are very excited about this new program for our 3 and 4 year olds!

Character Education in July FAIRNESS



Your child will learn through the use of Character Education books, videos, teacher modeling, and positive reinforcement.

Your children will learn:

- That playing fair is fun
- To recognize their feelings and what they mean
- Why it is important to always play fair

“Growing Up on Our Block” July

Check out all the fun things we will be doing in July!

- Read “Green Eggs and Ham”
- 4th of July Parade and Picnics
- Read “McElligot’s Pool”
- Outdoor Letter and Number Hunt
- Read “Oh, the Thinks you can Think”
- Invention Class Creation
- Read “My Many Colored Days”
- Colorful Science—Fireworks in a Jar
- Read “Fox in Socks”
- Make a Fox Wearing Socks
- Tweetle Beetle Battle Bottle

These are just a FEW of the fun things your child will be doing throughout the month of July!

Helpful Parent Reminders

- July 2.....Come to School Dressed in Red, White and Blue
- July 2.....4th of July Parade and Picnics
- July 3.....All Centers Closed for Independence Day**
- July 10.....Water Day & Spirit Day Friday
- July 16.....Infant Diaper Derby, 9:30 a.m.
- July 17.....Water Day & Spirit Day Friday
- July 19.....Night Owl
- July 22.....Colorful Fruit and Veggie Party, 3:00 p.m.
- July 24.....Water Day & Spirit Day Friday
- July 27.....Wear Silly Socks to School
- July 31.....Water Day & Spirit Day Friday

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

“Making a Difference Employee” for July

Growing Room 1
Ms. Ashley Monroe
K3C Para Pro

Growing Room 2
Ms. Heather Torress
K2B Para Pro

Growing Room 3
Ms. Jasmine Richardson
K2 Para Pro

Ms. Ashley is always willing to help out in any situation. She is always smiling and polite. Ms. Ashley loves caring for children and it shows in her actions. We are so thankful for Ms. Ashley and everything she brings to our team.

Ms. Heather is a wonderful teacher who can work in any classroom. She knows all the children and their families and makes everyone feel welcome. Ms. Heather is always willing to go above and beyond for the children as well as her co-workers.

Ms. Jasmine works in both of our K2 classrooms. She is pursuing a degree in early childhood education from FAMU. She is a true team player and hard worker. Ms. Jasmine is always willing to do anything that is asked of her and is wonderful with the children.

Thank you Ms. Ashley
for
Making a Difference!

Thank you Ms. Heather
for
Making a Difference!

Thank you Ms. Jasmine
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

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, July 19th



5:30—11:00 p.m.
Growing Room 3

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