

October Menu

OCTOBER 1 – 2

THURSDAY 10/1

Breakfast - Oatmeal, Diced Peas & Milk
Lunch - Chicken & Turkey Sausage Tetrizzini, Purple Hull Peas, Diced Peaches & Milk
3pm Snack – Cheese & Crackers

FRIDAY 10/2

Breakfast - French Toast, Mandarin Oranges & Milk
Lunch - Chicken Nuggets, Mashed Potatoes, Pineapple Tidbits & Milk
3pm Snack - Vanilla Wafers

OCTOBER 5 - 9

MONDAY 10/5

Breakfast - Pancakes, Applesauce & Milk
Lunch - Meat Sauce & Macaroni, String Beans, Mixed Fruit & Milk
3pm Snack - Frozen Yogurt

TUESDAY 10/6

Breakfast - Cheese Grits, Diced Peaches & Milk
Lunch - Smoked Turkey Sausage & Pasta Primavera, Diced Peas & Milk
3pm Snack - Animal Crackers

WEDNESDAY 10/7

Breakfast - French Toast, Mandarin Oranges & Milk
Lunch - BBQ Chicken & Rice, Purple Hull Peas, Pineapple Tidbits & Milk
3pm Snack - Pretzels

THURSDAY 10/8

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

FRIDAY 10/9

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

OCTOBER 12 - 16

MONDAY 10/12

Breakfast - Waffles, Mandarin Oranges & Milk
Lunch - Chicken & Sausage Paella, Green Peas & Carrots, Pineapple Tidbits & Milk
3pm Snack - Cheese & Crackers

TUESDAY 10/13

Breakfast - Blueberry Muffins, Diced Peaches & Milk
Lunch - Cheese Tortellini, String Beans, Mixed Fruit & Milk
3pm Snack - Animal Crackers

WEDNESDAY 10/14

Breakfast - Cheese Grits w/Ham, Applesauce & Milk
Lunch - Chicken Pilaf, Purple Hull Peas, Diced Peas & Milk
3 pm snack - Frozen Yogurt

THURSDAY 10/15

Breakfast - Oatmeal, Mandarin Oranges & Milk
Lunch - Baked Chopped Steak, Mashed Potatoes Diced Peaches & Milk
3pm Snack – Goldfish Crackers

FRIDAY 10/16

Breakfast - French Toast, Mixed Fruit & Milk
Lunch - Fish Sticks, Tater Tots, Diced Peas & Milk
3pm Snack - Pretzels

OCTOBER 19 - 23

MONDAY 10/19

Breakfast - Cheese Biscuits, Applesauce & Milk
Lunch - Oriental Chicken w/Vegetables & Rice Diced Peas & Milk
3pm Snack - Goldfish Crackers

TUESDAY 10/20

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

WEDNESDAY 10/21

Breakfast - Cheese Grits, Diced Peas & Milk
Lunch - Sloppy Joe, Tater Tots, Pineapple Tidbits & Milk
3pm Snack - Frozen Yogurt

THURSDAY 10/22

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

FRIDAY 10/23

Breakfast - Waffles, Mixed Fruit & Milk
Lunch - Smoked Turkey Sausage & Rice Casserole, String Beans, Pineapple Tidbits & Milk
3 pm Snack - Vanilla Wafers

OCTOBER 26 - 30

MONDAY 10/26

Breakfast – Banana Muffins, Applesauce & Milk
Lunch - Chicken & Pasta Primavera, Diced Peaches & Milk
3pm Snack – Goldfish Crackers

TUESDAY 10/27

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

WEDNESDAY 10/28

Breakfast - Cheese Grits w/Ham, Diced Peas
Lunch - Meatballs & Spaghetti, Green Peas & Carrots, Pineapple Tidbits & Milk
3pm Snack - Frozen Yogurt

THURSDAY 10/29

Breakfast - Oatmeal, Diced Peaches & Milk
Lunch - Chicken & Broccoli Alfredo w/Pasta, Diced Peas & Milk
3pm Snack - Animal Crackers

FRIDAY 10/30

Breakfast - French Toast, Mandarin Oranges & Milk
Lunch - Chicken Nuggets, Tater Tots, Mixed Fruit & Milk
3pm Snack - Fall Parties



"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**

Growing Room News

Loving and Learning The Growing Room Way.

October 2015

www.GrowingRoomChildCare.com

Fall Festival Celebrations

On **Friday, October 30th**, all centers will celebrate the fall season with costumes, games, parties and candy. Children can wear their costumes to school or bring their costume with them and change into them before the party begins (nothing scary, please). Please provide one bag of approved candy (Skittles, Laffy Taffy, Smarties) or other age-appropriate treats (Tattoos, balls) for the children in your child's class. The fall parties will be from 3:30 to 4:00 p.m. At 4:00 p.m. we will begin our version of a "Trunk or Treat." The children will enjoy fun games and activities as well as a costume parade during the Trunk or Treat. We love parent volunteers! Be on the look out for ways you can help that day.

~ Please remember no nut products allowed in the centers. ~



Fall Parties

Preschool, 3:30 p.m.
School-Age, 3:30 p.m.

Trunk or Treat
4:00 p.m.



Family Pumpkin Carving Contest

Show off your creative side! Decorate a pumpkin with your child and drop it off at your center on **Thursday, October 29th**.



One winner from each center will be chosen. Winners will receive a \$25 credit on their account and will be announced Friday, October 30th.



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.

Paint the Town PINK!



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

Please join us on **Thursday, October 1st** as we **PAINT THE TOWN PINK** by wearing your favorite shade of pink. We will also be hosting a **#GoPinkLemonade** stand at each center from 3:30-5:30. All funds raised will go to the Joanna Francis Living Well Foundation.

Let's all show our support for this worthy cause!

Helpful Parent Reminders

- October 1.....Wear **PINK** for Breast Cancer
- October 2.....Spirit Day Friday
- October 3.....Leon Co. Volunteer Firefighter's Fire Truck Round-Up at GR3
- October 5-9.....Firefighters and Fire Truck Visit
- October 9.....Spirit Day Friday
- October 16.....Leon County Schools Teacher Planning Day—No VPK Only
- October 16.....Spirit Day Friday
- October 23.....Spirit Day Friday
- October 24.....Night Owl
- October 29.....Family Pumpkin Decorating Contest
- October 30.....Fall Parties, 3:30 p.m.
- October 30.....Trunk or Treat, 4:00 p.m.
- October 31.....ELC's Race 4 Readiness

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

"Making a Difference Employee" for October

Growing Room 1
Ms. Camri Biggins
Toddler Para Pro

Growing Room 2
Ms. Ashley Hammond
K2B Lead

Growing Room 3
Ms. Erica Tyre
Substitute

Ms. Camri is an exceptional employee. She is creative, loving and dependable. Ms. Camri is always willing to provide a helping hand whenever needed and always does so with a smile. We are so thankful for Ms. Camri!

Ms. Ashley brings lots of creativity to our 2-year-old classroom. She always has something fun and exciting planned to do with the children. We love having Ms. Ashley as part of our Growing Room Family!

Ms. Erica can always be found with a smile on her face. She is very flexible and can work in every classroom. Ms. Erica loves to see the children grow and learn. Ms. Erica is a huge asset to our Growing Room Team!

Thank you Ms. Camri
for
Making a Difference!

Thank you Ms. Ashley
for
Making a Difference!

Thank you Ms. Erica
for
Making a Difference!

18th Annual Leon County Volunteer

Fire Truck Round Up



Saturday, October 3rd
10:00 a.m.—1:00 p.m.

Growing Room 3 (1271 Metropolitan Blvd.)

Bring the whole family and join us for free food, health screenings by TMH, activities for kids, photo opportunities with firefighters and vehicles, music and **FUN FOR ALL!**



Growing Room is a proud sponsor of The Early Learning Coalition's 2nd annual Race 4 Readiness. The ELC will be able to reinvest each and every dollar that is raised from this event into doing more for the children, families and child care providers that they serve. The event also enables the ELC to raise their profile within the community in order to inform more people about the important services they provide.

We would love for you and your family to join us on **October 31st** for the **2015 Race 4 Readiness!** There will be a 1 mile fun run/walk as well as a 5K race. After the race there will be awards and a special guest speaker. For more information please visit:

www.elcbigbend.org

preschool2me

paper out. technology in.

We are up and rolling with the new Preschool 2 Me app. We want to thank you for your patience during the transition. If you are not receiving a Daily Report via email please be sure to stop by the front desk and check the email address we have on file for you. In addition, if your email address changes please be sure to let us know.

We appreciate your feedback and are always here if you have any questions!

NIGHT OWL
Saturday, October 24th



5:30—11:00 p.m.
Growing Room 3

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