

# January Menu

## **JANUARY 2 - 6**

### **MONDAY 1/2**

**HAPPY NEW YEAR  
ALL CENTERS CLOSED**

### **TUESDAY 1/3**

Breakfast - Waffles, Diced Peas & Milk  
Lunch - Smoked Turkey Sausage & Pasta Alfredo, Broccoli, Diced Peaches & Milk  
3pm Snack - Animal Crackers

### **WEDNESDAY 1/4**

Breakfast - Peach Muffins, Mixed Fruit & Milk  
Lunch - Chicken Pilaf, Purple Hull Peas, Diced Peas & Milk  
3pm Snack - Vanilla Wafers

### **THURSDAY 1/5**

Breakfast - Oatmeal, Mandarin Oranges & Milk  
Lunch - Chicken & Sausage Paella, String Beans, Diced Peaches & Milk  
3pm Snack - Goldfish Crackers

### **FRIDAY 1/6**

Breakfast - French Toast, Applesauce & Milk  
Lunch - Fish Nuggets, Tater Tots, Pineapple Tidbits & Milk  
3pm Snack - Fresh Apple Slices

## **JANUARY 9 - 13**

### **MONDAY 1/9**

Breakfast - Cheese Grits, Diced Peas & Milk  
Lunch - Beef & Broccoli w/Rice, Mixed Fruit & Milk  
3pm Snack - Cheese & Crackers

### **TUESDAY 1/10**

Breakfast - Blueberry Muffins, Diced Peaches & Milk  
Lunch - Chicken & Sausage Tetrazzini, Butter Peas, Pineapple Tidbits & Milk  
3pm Snack - Frozen Yogurt

### **WEDNESDAY 1/11**

Breakfast - Cheese Biscuits, Applesauce & Milk  
Lunch - Cheese Tortellini, Green Beans, Diced Peas & Milk  
3pm Snack - Fresh Apple Slices

### **THURSDAY 1/12**

Breakfast - Oatmeal, Mandarin Oranges & Milk  
Lunch - Baked Chopped Steak, Mashed Potatoes, Mixed Fruit & Milk  
3pm Snack - Pretzels

### **FRIDAY 1/13**

Breakfast - Waffles, Diced Peaches & Milk  
Lunch - Chicken Spaghetti, Purple Hull Peas, Diced Peas & Milk  
3pm Snack - Gold Fish Crackers

## **JANUARY 16 - 20**

### **MONDAY 1/16**

**MLK DAY  
ALL CENTERS CLOSED**

### **TUESDAY 1/17**

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

### **WEDNESDAY 1/18**

Breakfast - Cheese Biscuits, Pineapple Tidbits & Milk  
Lunch - Sloppy Joe, String Beans, Diced Peas & Milk  
3pm Snack - Vanilla Wafers

### **THURSDAY 1/19**

Breakfast - Oatmeal, Applesauce & Milk  
Lunch - Chicken Etouffee & Rice, Purple Hull Peas, Mixed Fruit & Milk  
3pm Snack - Fresh Apple Slices

### **FRIDAY 1/20**

Breakfast - Waffles, Mandarin Oranges & Milk  
Lunch - Fish Nuggets, Tater Tots, Diced Peaches & Milk  
3pm Snack - Goldfish Crackers

## **JANUARY 23 - 27**

### **MONDAY 1/23**

Breakfast - French Toast, Diced Peas & Milk  
Lunch - Beef Nuggets, Mashed Potatoes, Mixed Fruit & Milk  
3pm Snack - Fresh Apple Slices

### **TUESDAY 1/24**

Breakfast - Cheese Grits, Applesauce & Milk  
Lunch - Italian Chicken & Broccoli w/Pasta, Diced Peaches & Milk  
3pm Snack - Frozen Yogurt

### **WEDNESDAY 1/25**

Breakfast - Waffles, Mandarin Oranges & Milk  
Lunch - Chicken Sliders, Mashed Potatoes, Pineapple Tidbits & Milk  
3pm Snack - Cheese & Crackers

### **THURSDAY 1/26**

Breakfast - Oatmeal, Pineapple & Milk  
Lunch - Cheese Pizza, Green Beans, Diced Peas & Milk  
3pm Snack - Goldfish Crackers

### **FRIDAY 1/27**

Breakfast - Pancakes, Applesauce & Milk  
Lunch - Chicken Cordon Bleu, Butter Peas, Mixed Fruit & Milk  
3pm Snack - Vanilla Wafers

## **JANUARY 30 - 31**

### **MONDAY 1/30**

Breakfast - French Toast, Mandarin Oranges & Milk  
Lunch - Meat Sauce & Macaroni, String Beans, Pineapple Tidbits & Milk  
3pm Snack - Fresh Apple Slices

### **TUESDAY 1/31**

Breakfast - Oatmeal, Applesauce & Milk  
Lunch - Oriental Chicken w/Rice & Vegetables, Pineapple Tidbits & Milk  
3pm Snack - Goldfish Crackers



**\*\* 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**

**www.GrowingRoomChildCare.com**

Licenses: Co2LE0507, Co2LE0518, Co2LE0578

# Growing Room News

Loving and Learning The Growing Room Way.

January 2017

## Happy New Year

**All centers will be closed on January 2nd and January 16th**

Happy New Year! Growing Room Families! 2016 was such a great year, full of blessings and joy! We smile with warm hearts as we think about all the wonderful things that happened at Growing Room and how much all of the children have grown throughout the year! We are looking forward to another year surrounded by our wonderful staff and Growing Room families, filled with lots of learning, growth and fun along the way! As always, we thank you for your love and support.

We wish you all the best in 2017!

Love & Learning: The Growing Room Way

## Growing Room Travels Around the World



Please join us on **January 19th** from **7:00 p.m.—8:00 p.m.** for one of the best Growing Room events of the year! Bring the whole family—no need to eat dinner before you come!

As you travel from classroom to classroom, you will see and taste the best of many countries. It is sure to be a unique cultural experience. Your children will get to participate in decorating for the event. Our teachers are working very hard to make this a night you won't forget!



We want to thank all of you for your generosity during November and December! With your help, we were able to donate clothes and toys, both new and gently used, to foster children in our community and sponsor children and families in need through The Salvation Army's Angel Tree Program. In addition, we were able to help provide care packages to families with children in the NICU as well as donate many non-perishable food items to help feed those in our community who are served by the Emergency Care Help Organization (ECHO).

Thank you for helping Growing Room make a difference in our community!



# Making a Difference Employee for January

Growing Room 1  
Ms. Diandra Dalrymple  
K2B Lead

Growing Room 2  
Ms. Kadedra Crumpton  
K2B Para Pro

Growing Room 3  
Ms. Sarah Phillips  
Toddler Para Pro

Ms. Diandra has been a great help during our administrative transition. She is dedicated to creating a positive environment for our Growing Room students and their families. Ms. Diandra is an awesome person and a terrific teacher!

Ms. Kadedra is a wonderful asset to our 2 year old team. She is passionate about teaching preschool and it shows in her daily routine. Ms. Kadedra is loved by the children and families in her class. We are so lucky to have her on our team!

Ms. Sarah is a great addition to our team! She is energetic and a hard worker. Ms. Sarah is wonderful with the children in her toddler class. Ms. Sarah is reliable, flexible and pleasant to be around. We are thankful to have her on our team!

Thank you Ms. Diandra  
for  
Making a Difference!

Thank you Ms. Kadedra  
for  
Making a Difference!

Thank you Ms. Sarah  
for  
Making a Difference!

## Character Education Topic for January MIND YOUR MANNERS

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

As part of the learning process, your child will:

- Learn the importance of making the right choices.
- Learn to think before acting and learn to imagine the consequences.
- Learn table manners, and to always to use polite words.
- Learn to clean up after themselves, don't call people names and cover your mouth when you cough or sneeze.
- Learn to be patient and not to interrupt others when they are talking.
- Learn to use words, rather than aggressive behaviors when someone does something they do not like.
- Learn to think about their choices and then act out the best choice.

## NIGHT OWL

Saturday, January 28th  
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

- January 2.....**Happy New Year! All Centers Closed**
- January 6.....Spirit Day Friday
- January 9-13.....Parent Reading Week
- January 13.....Spirit Day Friday
- January 16.....**MLK Day—All Centers Closed**
- January 19.....Growing Room Travels Around The World, 7:00-8:00 p.m.
- January 20.....Spirit Day Friday
- January 26.....Alien Day! Come to School Dressed Like an Alien
- January 27.....Spirit Day Friday
- January 28.....Night Owl

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



**December was filled with parties, pajama day, a visit from Santa and MORE!**

## Vote for Your Favorites



Voting is currently underway for the Tally Awards! The Tally Awards are The People's Choice for Tallahassee's Favorite Businesses. We are so appreciative to have been nominated again this year.

We would love your vote in the **Child Care** category under **Service Provider**. To vote visit [www.tallyawards.com/vote](http://www.tallyawards.com/vote). You can sign in through your Facebook account to cast your vote or vote directly through the Tally Awards website. It is that easy!

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