

# March Menu

	Breakfast	Lunch	3:30 Snack
<b>Wednesday 3/1</b>	Cheese Grits, Pears & Milk	Oriental Chicken with Brown Rice & Vegetables, Mandarin Oranges & Milk	Applesauce & Chex Mix
<b>Thursday 3/2</b>	Blueberry Muffin, Banana & Milk	Grilled Turkey & Cheese Sandwich, Carrots, Applesauce & Milk	Fresh Fruit & Gold Fish
<b>Friday 3/3</b>	Cheese Biscuits, Pears & Milk	Chicken Cordon Bleu, Green Beans, Mandarin Oranges & Milk	Yogurt with Blueberries/GoGurt with Craisins
<b>Monday 3/6</b>	Blueberry Muffin, Apples & Milk	Turkey Sandwich, Salad w/Ranch Dressing, Banana & Milk	Apple Slices & Veggie Straws
<b>Tuesday 3/7</b>	Biscuit with Turkey Sausage Patty, Fruit & Milk	Chicken Sliders, Purple Hull Peas, Mixed Fruit & Milk	Craisins & Carrots with Ranch Dressing (Inf/Tods Frozen Peas & Carrots)
<b>Wednesday 3/8</b>	Waffles, Applesauce & Milk	Pot Roast, Mashed Potatoes, Peas & Carrots, Mandarin Oranges & Milk	Banana & Goldfish
<b>Thursday 3/9</b>	Cheese Grits, Pears & Milk	Spaghetti with Meat Sauce, Green Beans, Peaches & Milk	Fresh Fruit & Pretzels
<b>Friday 3/10</b>	Banana Muffin, Apples & Milk	Whole Wheat Cheese Quesadillas, Salad w/Ranch Dressing, Pears & Milk	Whole Grain Cheerios w/ Craisins
<b>Monday 3/13</b>	Grilled Cheese Toast, Banana & Milk	Baked Chopped Steak, Mashed Potatoes, Butter Peas, Pineapple & Milk	Sliced Oranges & Animal Crackers
<b>Tuesday 3/14</b>	Pancakes, Peaches & Milk	Chicken Nuggets, Green Peas, Tater Tots, Applesauce & Milk	Banana & Whole Grain Cheerios
<b>Wednesday 3/15</b>	Whole Wheat Breakfast Wrap w/ Cheese & Turkey Sausage, Apples & Milk	BBQ Turkey Sliders, String Beans, Pears & Milk	Sliced Cucumbers w/Ranch Dressing & Craisins
<b>Thursday 3/16</b>	Oatmeal, Peaches & Milk	Meatballs w/ Brown Rice, Broccoli, Oranges & Milk	Fresh Fruit & Cheese Cubes
<b>Friday 3/17</b>	Blueberry Muffin, Banana & Milk	Bean & Cheese Burrito, Salad w/Ranch Dressing, Peaches & Milk	St. Patrick's Day Parties
<b>Monday 3/20</b>	Whole Wheat Toast, Turkey Sausage Patty, Fruit & Milk	BBQ Chicken with Brown Rice, Purple Hull Peas, Mandarin Oranges & Milk	Banana & Whole Grain Cheerios
<b>Tuesday 3/21</b>	Grilled Cheese Toast, Banana & Milk	Spaghetti w/Meatballs, Butter Peas, Peaches & Milk	Applesauce & Chex Mix
<b>Wednesday 3/22</b>	Waffles, Applesauce & Milk	Pot Roast, Mashed Potatoes, Peas & Carrots, Mandarin Oranges & Milk	Sliced Cucumbers w/Ranch Dressing & Craisins
<b>Thursday 3/23</b>	Cheese Grits, Pears & Milk	Chicken & Sausage Tetrizzini, Green Beans, Peaches & Milk	Cheese & Whole Wheat Crackers
<b>Friday 3/24</b>	Blueberry Muffin, Apples & Milk	Meatballs w/ Brown Rice, Butter Peas, Oranges & Milk	Yogurt/GoGurt & Goldfish
<b>Monday 3/27</b>	Biscuit with Turkey Sausage Patty, Fruit & Milk	Cheese Tortellini, Broccoli, Pineapple & Milk	Banana & Whole Grain Cheerios
<b>Tuesday 3/28</b>	Waffles, Applesauce & Milk	Whole Wheat Cheese Quesadillas, Peas and Carrots, Pears & Milk	Apple Slices & Chex Mix
<b>Wednesday 3/29</b>	Cheese Grits, Pears & Milk	Chicken Sliders, Purple Hull Peas, Mixed Fruit & Milk	Craisins & Carrots with Ranch Dressing (Inf/Tods Frozen Peas & Carrots)
<b>Thursday 3/30</b>	Oatmeal, Peaches & Milk	Chicken Spaghetti, Green Beans, Pears & Milk	Fresh Fruit & Cheese Cubes
<b>Friday 3/31</b>	Grilled Cheese Toast, Pears & Milk	Sloppy Joe, Butter Peas, Apples & Milk	Sliced Oranges & Animal Crackers

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

[www.GrowingRoomChildCare.com](http://www.GrowingRoomChildCare.com)



# Growing Room News

Loving and Learning The Growing Room Way.

March 2017

# Summer Camp 2017



We are excited to announce that our theme for Summer Camp 2017 is **Beach Blast by the Sea!** Our teachers and staff are busy planning and are looking forward to an amazing summer of fun in the sun!

### 2017 Weekly Summer Camp Themes

- Beach Blast by the Sea
- Underwater World
- Cold Yummy Treats on a Hot Summer Day
- Treasure Island
- Summer Fun Under the Moon and Stars
- Party in the USA
- Critter Connection
- Bubbles, Boats and Floats
- Let's All Move
- Express Yourself
- So Long Summer



# Making a Difference Employee for March

Growing Room 1  
Ms. Trameka Sander  
K2A Para Pro

Growing Room 2  
Ms. Roxana Gregg  
Infant 2 Para Pro

Growing Room 3  
Ms. Sheila Forsythe  
Infant 1A Para Pro

Ms. Trameka recently joined our team. She always has a smile on her face and a welcoming greeting when you see her. She is willing to work in all classrooms and help out in any capacity. It is a pleasure to have Ms. Trameka as a part of our Growing Room Family!

Ms. Roxana is focused on helping all the babies in her class work toward achieving new milestones. She is always willing to jump in and help wherever she can. Growing Room 2 is lucky to have a great team player like Ms. Roxana!

Ms. Sheila has been a wonderful addition to our infant room team of teachers. She is very attentive and so loving to our babies. Ms. Sheila's years of teaching experience shine through each day!

Thank you Ms. Trameka  
for  
Making a Difference!

Thank you Ms. Roxana  
for  
Making a Difference!

Thank you Ms. Sheila  
for  
Making a Difference!

## Character Education Topic for March BEING HELPFUL & DOING YOUR BEST

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:

- To do their best at all times
- To always keep trying to do their best
- To do things they are proud of
- To give each task their best effort
- To be helpful to friends and family
- Things they can do to be helpful to others

## NIGHT OWL

Saturday, March 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

## Growing Room's 2017 March for Babies Kick Off & Family Fun Day

Everyone is invited to attend our  
2017 March for Babies Kick-Off event!



Sunday, March 5th  
1:00 p.m.—3:00 p.m.  
Growing Room 3  
(1271 Metropolitan Blvd)



Please join us for lunch and FREE activities for the children.  
There will be games, bouncy houses, snow cones and MORE!

*\*All donations to benefit March of Dimes*

## Helpful Parent Reminders

February 27-March 3.....Dr. Seuss Visits this Week  
March 2.....Come to School Wearing a Silly Hat  
March 3.....Sprit Day Friday  
March 10.....Noisy Show and Tell Day  
March 10.....Spirit Day Friday  
March 13-20.....Leon Co. Spring Break—No VPK Only  
March 17.....St. Patrick's Day—Wear Green  
March 17.....Green Parties, 3:00 p.m.  
March 24.....Spirit Day Friday  
March 31.....Spirit Day Friday

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

## Give Children Choices

Giving children choices is a great technique you as a parent can use when raising your children. When you give your child a choice, you are giving him/her the opportunity to learn how to make decisions as well as giving them a sense that they have some control over their life. You are giving them a voice.

There are many benefits to giving children choices including helping to foster independence, promoting decision-making skills, empowering them, fostering language development and more. If you always make choices for your child when they are young, they will have a difficult time making decisions for themselves as they grow older.

### Helpful Tips for Parents:

- Give limited choices.
- For young children or any child who is easily overwhelmed, an either/or choice works best.
- As children get older, choices can get more involved than the choices they were given at a younger age.
- Choices can be used to help children manage themselves.
- Choices can teach children consequences.
- Empathy doubles the effectiveness of giving choices.

Like

"Growing Room Tallahassee"



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