

October Menu

	Breakfast	Lunch	3:30 Snack
Tuesday, 10/1	Cheese Grits, Pears & Milk	Chicken Divan w/ Broccoli, Mandarin Oranges & Milk	Fresh Fruit & Goldfish
Wednesday, 10/2	Waffles, Pineapple & Milk	Whole Wheat Cheese Quesadillas, Peas & Carrots, Peaches & Milk	Vanilla Yogurt & Blueberries
Thursday, 10/3	Blueberry Muffin, Applesauce & Milk	BBQ Chicken & Brown Rice, Butter Peas, Mandarin Oranges & Milk	Sliced Cheese & Whole Wheat Crackers
Friday, 10/4	Pancakes, Pears & Milk	Cheese Pizza, Purple Hull Peas, Peaches & Milk	Rice Cereal & Craisins
Monday, 10/7	French Toast, Pineapple & Milk	Pot Roast, Peas & Carrots, Peaches & Milk	Sliced Cheese & Whole Wheat Crackers
Tuesday, 10/8	Oatmeal, Blueberries & Milk	Brunch for Lunch: Pancakes & Sausage Patties, Mandarin Oranges & Milk	Applesauce & Pretzels
Wednesday, 10/9	Waffles, Pineapple & Milk	Cheese Tortellini, Butter Peas, Pears & Milk	Rice Cereal & Craisins
Thursday, 10/10	Cheese Grits, Mandarin Oranges & Milk	Hamburger Sliders, Tater Tots, Applesauce & Milk	Fresh Fruit & Veggie Straws
Friday, 10/11	Blueberry Muffins, Pears & Milk	Chicken Parmesan Pasta Bake, Broccoli, Pineapple & Milk	Bananas & Goldfish
Monday, 10/14	Oatmeal, Peaches & Milk	Meatballs w/ Brown Rice, Butter Peas, Applesauce & Milk	Vanilla Yogurt & Blueberries
Tuesday, 10/15	Grits with Turkey Sausage, Pears & Milk	Turkey Chili with Beans, Mandarin Oranges & Milk	Fresh Fruit & Goldfish
Wednesday, 10/16	Blueberry Muffin, Pineapple & Milk	Brunch for Lunch: Pancakes & Sausage Patties, Blueberries & Milk	Raisins & Veggie Straws
Thursday, 10/17	Cheese Biscuit, Banana & Milk	Chicken Lo Mein w/ Peas and Carrots, Mandarin Oranges & Milk	Sliced Cheese & Snack Mix
Friday, 10/18	French Toast, Pineapple & Milk	Cheese Tortellini, Broccoli, Peas & Milk	Applesauce & Whole Grain Cheerios
Monday, 10/21	Waffles, Applesauce & Milk	BBQ Chicken & Brown Rice, Green Beans, Pineapple & Milk	Raisins & Veggie Straws
Tuesday, 10/22	Oatmeal, Pears & Milk	Whole Wheat Taco Quesadillas, Butter Peas, Mandarin Oranges & Milk	Fresh Fruit & Goldfish
Wednesday, 10/23	Biscuit, Banana & Milk	Chicken Fried Brown Rice w/ Peas & Carrots, Peaches & Milk	Vanilla Yogurt & Blueberries
Thursday, 10/24	Blueberry Muffin, Pears & Milk	Pot Roast, Mashed Potatoes, Pineapple & Milk	Sliced Cheese & Whole Wheat Crackers
Friday, 10/25	Grits with Turkey Sausage, Blueberries & Milk	Turkey Chili with Beans, Mandarin Oranges & Milk	Rice Cereal & Craisins
Monday, 10/28	French Toast, Pineapple & Milk	Chicken Spaghetti, Butter Peas, Peaches & Milk	Applesauce & Whole Grain Cheerios
Tuesday, 10/29	Oatmeal, Pears & Milk	Hamburger Sliders, Tater Tots, Mandarin Oranges & Milk	Rice Cereal & Craisins
Wednesday, 10/30	Blueberry Muffin, Pineapple & Milk	Chicken Parmesan Pasta Bake, Butter Peas, Mandarin Oranges & Milk	Fresh Fruit & Goldfish
Thursday, 10/31	Cheese Grits, Pears & Milk	Brunch for Lunch: Pancakes & Sausage Patties, Applesauce & Milk	Sliced Cheese & Whole Wheat Crackers
Friday, 11/1	Biscuit, Mandarin Oranges & Milk	Whole Wheat Taco Quesadillas, Peas & Carrots, Pineapple & Milk	Vanilla Yogurt & Blueberries



"Growing Room Tallahassee"



www.pinterest.com/grtally



@growingroomtlh



October 2019

Fall Festival Celebrations

On **Thursday, October 31st**, all centers will celebrate the fall season with a Fall Festival in the morning and Fall Parties at 3:00 p.m. 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 individually packaged treats (Goldfish, Veggie Straws, Raisins, etc.) or other age-appropriate trinkets/toys (Tattoos, balls, etc.) for the children in your child's class. During the Fall Festival, the children will enjoy fun games and activities. Be sure to check with your center for the Fall Festival schedule for the day. We love parent volunteers! Be on the look out for ways you can help that day.



*Please remember no nut products are allowed in the centers.

Fall Festival

*Check with your center to see what time your child's class is scheduled



Fall Parties

3:00 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

Tuesday, October 29th

Voting will take place on Wednesday, October 30th.

One winner from each center will be chosen. Winners will receive a \$25 credit on their account and will be announced on Wednesday, October 31st.

Making a Difference Employee for October

Growing Room Welaunee
Ms. Arlessia Stoney
Infant 1A Para Pro

Growing Room Bradfordville
Ms. Ashley Hammond
Assistant Director

Growing Room Metropolitan
Ms. Jessica Davis
K2B Lead Teacher

Ms. Arlessia joined our Growing Room Welaunee family in January 2019 and has brought life to the infant room! She is always smiling and having a good day! Ms. Arlessia knows and loves all the children in the center. We are so thankful to have Arlessia on our Growing Room team!

Ms. Ashley has been a part of the Growing Room Bradfordville family since December 2014. She has been such a wonderful asset to our team as a teacher and now as a member of admin. Ms. Ashley has such a bright smile and is always ready to help to anyway possible.

Ms. Jessica started with Growing Room Metropolitan in March 2017. She is such a hard worker and is always striving to create the best learning environment for her children. Ms. Jessica has created a wonderful bond with each child and family in her classroom. She is such a huge asset to our Growing Room team.

Thank you Ms. Arlessia
for
Making a Difference!

Thank you Ms. Ashley
for
Making a Difference!

Thank you Ms. Jessica
for
Making a Difference!

"Bundles of Love"

Donation Drive

October 7th– October 18th

Growing Room will be collecting items for care packages that will be delivered to Neonatal Intensive Care Unit (NICU) patients at TMH and CRMC during National Prematurity Awareness Month in November. Approximately 200 "Bundles of Love" will be delivered during this time.

Check your center for a list of items being requested!



Helping to give every baby born a fighting chance!

Character Education Topic for October

Being Truthful



Your child will learn about being truthful through the use of character education books, character critters, teacher role modeling and positive reinforcement.

Your child will learn:

- To always tell the truth and be honest no matter what
 - To do what you say you are going to do
 - To not take things that do not belong to you
- To have the courage to do what is right, even when it is difficult

Helpful Parent Reminders

- October 3.....**Go Pink Tallahassee! - Everyone Wear Pink**
- October 4.....Spirit Day Friday
- October 5.....**Buddy Walk– Southwood Town Center 9am-12pm**
- October 7-18.....**March of Dimes Bundles of Love Donation Drive**
- October 7-11.....Firefighters and Fire Truck Visit This Week
- October 10.....Come to School Dressed as a Firefighter
- October 11.....Spirit Day Friday
- October 14.....LCS Closed—No VPK Only
- October 14-18.....Parent Reading Week
- October 17.....**Growing Room Golf Tournament, 12pm - Killlearn Country Club**
- October 18.....Spirit Day Friday
- October 19.....**ELC's Race for Readiness– Tom Brown Park**
- October 21-25.....Career Week
- October 24.....Come to School Dressed as a Community Helper
- October 25.....Spirit Day Friday
- October 29.....Family Pumpkin Decorating Contest
- October 31.....Fall Festival and Fall Parties

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

Paint the Town PINK!

Join Growing Room on Thursday, October 3rd as we help Paint the Town Pink!

We encourage you to wear your favorite shade of pink and stop by our #GoPinkLemonade stand at each center from 3:30-5:30 p.m.

All funds raised will go to the Joanna Francis Living Well Foundation.

