



# UCHRA Van Buren County Head Start



3/3/25



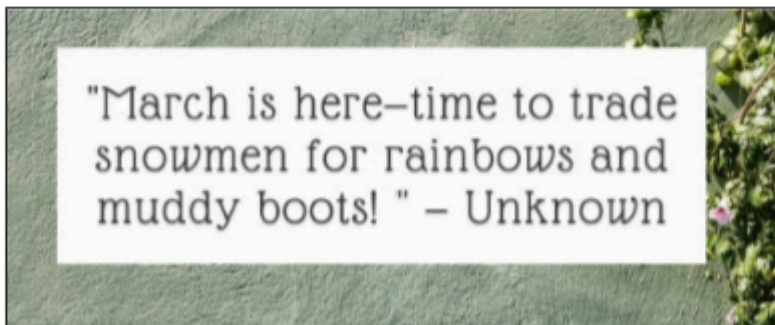
**3/3 - 3/7 Dr. Seuss Week**

**3/7/25 Tenny Bear Visit**

**3/17/25-3/21/25 No School Spring Break**

**3/27 Spring Picture Day**

**3/29/25 MVP/Derby Day 9AM - 12PM**



## February Perfect

### Attendance

Brody

Kayo

Rodrick

Abigail

Lillian

Eden

Stetson

Harmon

Rexx

Charlie

Ruthie

Braxton

Brayden

## March Birthdays

Ava

Beau

Stetson



**Van Buren County Head Start!** If you have not liked/followed us on Facebook please do so. Some of the benefits include: photo galleries, special news and updates, plus the ability to connect and chat online with other people who share your interests.





# Transition Talk

In March, your child will have the hands-on experience of practicing how to carry a lunch tray in the dramatic play area. They will place play food and drinks on the tray to help them learn how to balance different weights while keeping the tray level as they walk to the table. This activity is one of the many transitional experiences at Head Start designed to prepare children for kindergarten, where they will eat cafeteria-style using lunch trays.

We are also working on helping children develop independence by having them place their papers and items from their cubbies into their backpacks, zip them up, and get them ready to take home at the end of the day. Kindergarten teachers often emphasize self-help skills as essential for success, so we are also focusing on helping children put on their coats and hats, as well as buttoning or zipping them.

Additionally, we encourage parents to support their children's independence by allowing them to use the bathroom on their own, adjust their clothing, wash and dry their hands, and properly dispose of paper towels. These are all daily self-help skills that will be necessary in kindergarten.

Don't forget to check out our "**Transition to Kindergarten**" power pack, which provides activities to support kindergarten readiness. We also offer **self-help skills power packs** designed to promote independence in this important area.

Together, we can help ensure a smooth and confident transition to kindergarten for your child!

Rita Mayfield Assistant Mentor Coach/Education Supervisor



# Nutrition



## baked zucchini sticks

- 4 medium zucchini
  - 2 eggs
  - $\frac{1}{2}$  cup water
  - $\frac{1}{4}$  cup finely grated parmesan cheese
  - $1\frac{1}{2}$  cup bread crumbs
  - 1 tablespoon dry Italian herbs
1. Cut zucchini into long sticks, about 3 inches long.
  2. Microwave zucchini for about 3 minutes. Pat zucchini dry with a paper towel.
  3. Mix eggs and water together in a small bowl. Mix cheese, bread crumbs and herbs together in another small bowl.
  4. Dip zucchini sticks first into the egg mixture, and then into the bread crumb mixture.
  5. Arrange zucchini in rows on a metal baking sheet that has been sprayed with a cooking spray. Broil zucchini sticks for about 12-15 minutes, turning once while cooking.

Makes 4 servings



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## 3 ways to eat fish from a can or pouch:



1

Make a tuna or salmon salad.



2

Add to a pasta salad.



3

Make tuna patties.









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# March

## Activity Calendar

# I See Spring

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant Calendar Translated by: Manuela Rodriguez   						1 Get ready for a fun month of activities by gathering some books about spring to share with your child!
2 <b>I See Spring</b> 	3 Let your child color each section of a cardboard egg carton different colors. Then, take your child on a scavenger hunt outside to find items of each color and put them in the matching sections.	4 Let your child practice fine motor skills by decorating a ball with spring stickers- flowers, birds, butterflies, etc. and then they can play with the ball!	5 Lay in the grass with your child and look at the clouds to see what shapes and figures they can see. Then, let them recreate what they saw by gluing cotton balls on blue construction paper!	6 <b>ACTIVITY PAGE</b> <b><u>I See Spring</u></b>	7 Cover a toilet paper roll in peanut butter and birdseed. Stick a bamboo skewer through the bottom and lace a piece of yarn through two poked holes at the top. Hang in a tree and watch the birds come and feed!	8 <b>Weekend Wrap-Up</b> Read and repeat any of the activities done this week to help your child "SEE" spring!
9 <b>I Hear Spring</b> 	10 Cover one end of a tissue roll with saran wrap, pour rice in the tube, and cover the other end with saran wrap. Now, your child can hear the spring rain!	11 Tape some bubble wrap on your floor or sidewalk. Let your child jump all over it to pop the bubbles! It will sound like raindrops on the rooftop!	12 Clasp your hands together. "Here is the beehive, but where are the bees? Watch and you'll see them come out of their hive. 1-2-3-4-5! Buzzzzzzzz, Buzzzzzzzz!"	13 <b>ACTIVITY PAGE</b> Spring Sounds	14 Play hide-and-seek but the person who is hidden will chirp like a spring bird until the seeker can find them!	15 <b>Weekend Wrap-Up</b> Read and repeat any of the activities done this week to help your child "HEAR" spring!
16 <b>I Smell Spring</b> 	17 Take a walk with your child and pick some flowers. Make sure to smell each one. Then, go home and make a beautiful spring bouquet!	18 Spring is a great time to grow an herb garden in small pots- basil, rosemary, peppermint- whatever the herbs you choose will give off the prettiest smells!	19 Make a cup of lemon or rosemary tea. Let it cool down a bit before letting your child smell and taste it. You can call this your spring tea!	20 <b>ACTIVITY PAGE</b> Spring Playdough	21 Pour flavored packets of Jello- cherry, lime, orange- spring scents- into individual Tupperware containers. Give your child a straw to move the powder around into shapes and letters!	22 <b>Weekend Wrap-Up</b> Read and repeat any of the activities done this week to help your child "SMELL" spring!
23 <b>I Feel Spring</b> 	24 Put some potting soil or sand in a bin and let your child use a spray bottle to make mud! Then comes mud pies, mud castles, or any other messy mud creation!	25 Find an area that has different textures of ground- grass, concrete, sand, etc. Let your child walk barefoot on all of these surfaces to "feel" spring under their feet!	26 Tree pose. Frog pose. Rainbow pose. These are a few yoga poses that your child can do to "feel" spring by moving their bodies!	27 <b>ACTIVITY PAGE</b> Rainbow Mobile	28 Simply blowing bubbles and having your child chase them and pop them will give them the feeling of catching raindrops in their hands!	29 ,30 and 31 <b>Weekend Wrap-Up</b> Finish out the month by repeating any of the activities done this month that helped your child experience spring!



## Spring Playdough

Follow this recipe to make basic playdough. Mix:

- 1 cup of flour •
- ½ cup of salt
- 2/3 cup of water
- 2 tbsp cream of tartar
- 2 tbsp vegetable oil
- 1 tbsp cornstarch

To turn this basic playdough into spring playdough add petals of flowers or lavender oil/bath salts or just drops of food coloring in spring colors. You and your child can make batches of different types of fun spring playdough to play with all day!



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## I See Spring

By Charles Ghigna

Spring is puddles in the street and rainboots on your feet! This book is full of colorful pictures of everything spring! After reading the book, go back through the book and let your child point or tell you which parts of spring they would like to see. Each time they identify something, draw a picture of it on a piece of paper divided into 6 or 8 squares. When each square has a picture on it, you have made a SPRING BINGO card. Make sure to carry the paper with you wherever you and your child go- on a walk, on a car ride- and when you see one of the spring items on the card, let your child color the square. Once all of the squares are colored, yell "SPRING BINGO" and go enjoy a special treat together!



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Van Buren Head Start March 2025 Menu					
March WEEK 1					
Meal Pattern	Monday 3/3/25	Tuesday 3/4/25	Wednesday 3/5/25	Thursday 3/6/25	Friday 3/7/25
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Fruit/Vegetable/Both 1/2 c	Diced Peaches (C)	Applesauce (C)	Tomato wedges (A,C)	Orange Wedges (C )	Banana Slices (B6,C)
Grain/Alternate/Meat Alternative	Toast (WW)	French Toast Sticks (WW)	Pillsbury Frozen Southern Style Biscuit	Los Cabos Sausage, Egg, & Cheese Burrito (CN)	Cheerios Cereal (WGR)
Other/Notes	Green Scrambled Eggs   Jelly	Syrup	Gravy, Jelly		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq	Tony's Smart Pizza Pepperoni and cheese( CN Label )	Chef Boyardee Beef Ravioli ( CN)	High Liner Fish Pollock Strips (CN)	Hamburger Steak (CN)	@Ground Beef Chili with Beans (P) (I)
Vegetable 1/4 c (2oz)	Romaine Lettuce/Spinach mix, Tomato Wedges (A,C)	Green Beans (A,C,K), (Tomato sauce A,C)	@Cole Slaw	Champ IRISH Mashed Potatoes	(Tomatoes (A,C), Beans in Chili (I)
Fruit 1/4 c (2oz)	Pears (C )	Mixed Fruit (C )	Pears (C )	Peas (A,C)	Pineapple Tidbits (A,C)
Grain/Alternate 1/2 oz eq	(Pizza Crust) WGR	Sister Schubert's Roll (WGR)	Hushpuppie (WGR)	Sister Schubert's Roll (WGR)	Zesta Crackers
Other/Notes	Ranch Dressing			Culture: Irish	Shredded Sharp Cheese
					* Serve as Chili
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c			1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	
Fruit/Vegetable 1/2 c	Strawberries	Diced Pears (C)			Tomato Sauce (C)
Grain/Alternate 1/2 oz eq	Animal Crackers (WGR)	Goldfish Crackers	Blueberry Muffin (WGR)	Kellogg Rice Krispies Cereal	MaxStix (Cheese & Bread) (WGR)
Meat/Alternate 1/2 oz	Yogurt (B12, C)	Shredded Sharp Cheese			
Other/Notes	Water	Water	Water	Water	Water
March WEEK 2					
Meal Pattern	Monday 3/10/25	Tuesday 3/11/25	Wednesday 3/12/25	Thursday 3/13/25	Friday 3/14/25
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Fruit/Vegetable/Both 1/2 c	Strawberries Slices (C )	Tomato Wedges (A,C)	Oranges (C)	Banana Slices (B6,C)	Pineapple Tidbits (A,C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Oatmeal (WG)	Pillsbury Frozen SS Biscuits (WGR)	Los Cabos Sausage, Egg, & Cheese Burrito (CN)	Cheerios Cereal (WGR)	Bagels (WG)
Other/Notes		Gravy			Cream Cheese
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq	Hamburger Patty (CN)	Pinto Beans(I)	@Tuna Salad	Hamburger Steak (CN)	Chicken Nuggets (CN)
Vegetable 1/4 c	Romaine Lettuce/Spinach mix	Corn (C)	Tomato Wedges (A,C)	Champ IRISH Mashed Potatoes	Corn (C)
	French Fries	Turnip Greens (A,C)	Romaine Lettuce/Spinach mix	Peas (A,C)	
Fruit 1/4 c	Pears (C )		Tropical Fruit (C )		Diced Peaches (C)
Grain/Alternate 1/2 oz eq	(WWW) Buns	Cornbread Muffin (WGR)	Wheat Bread (WW)	Sister's Schubert's Roll (WGR)	Cornbread Muffin (WGR)
Other/Notes	Ketchup, Mustard, Mayo *Serve as a sandwich		*Serve as a sandwich	Culture: Irish	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c		1% Milk (D) *Lactose Free Milk		1% Milk (D) *Lactose Free Milk	
Fruit/Vegetable 1/2 c	Tomato Sauce (C)		Pineapple Tidbits (A,C)		Applesauce (C)
Grain/Alternate 1/2 oz eq	MaxStix (Cheese & Bread) (WGR)	Kellogg Rice Krispies Cereal	1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Blueberry Muffin (WGR)	Animal Crackers (WGR)
Meat/Alternate 1/2 oz					
Other/Notes	Water	Water	Water	Water	Water
March WEEK 3					
Meal Pattern	Monday 3/17/25	Tuesday 3/18/25	Wednesday 3/19/25	Thursday 3/20/25	Friday 3/21/25
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c					
Fruit/Vegetable/Both 1/2 c					
Grain/Alternate/Meat Alternative 1/2 oz eq					
Other/Notes					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c					
Meat/Alternate 1 1/2 oz eq					
Vegetable 1/4 c					
Fruit 1/4 c					
Grain/Alternate 1/2 oz eq					
Other/Notes					
Snack (2 of 4 components)	Snack	Snack			Snack
Milk/Fluid 1/2 c					
Fruit/Vegetable 1/2 c					
Grain/Alternate 1/2 oz eq					
Meat/Alternate 1/2 oz					
Other/Notes					
March WEEK 4					
Meal Pattern	Monday 3/24/25	Tuesday 3/25/25	Wednesday 3/26/25	Thursday 3/27/25	Friday 3/28/25
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Fruit/Vegetable/Both 1/2 c	Cooked Apple Slices (C)	Strawberries Slices (C )	Pineapple Tidbits (A,C)	Banana Slices (B6,C)	Cooked Apple Slices (C)
Grain/Alternate/Meat Alternative 1/2 oz eq	Pillsbury Frozen Southern Style Biscuit	Oatmeal (WG)	Bagels (WG)	Cheerios Cereal (WGR)	Pillsbury Frozen Southern Style Biscuit
Other/Notes	Gravy, Jelly		Cream Cheese		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk	1% Milk (D) *Lactose Free Milk
Meat/Alternate 1 1/2 oz eq	Beef Patty (CN)	Tony's Smart Pizza Pepperoni and cheese( CN Label )	Hamburger Steak (CN)	@White Beans with Ham Chunks (I,P)	Chef Boyardee Beef Ravioli ( CN)
Vegetable 1/4 c	Baked French Fries	Romaine Lettuce/Spinach mix, Tomato Wedges (A,C)	Champ IRISH Mashed Potatoes, Peas (A,C)	@Cole Slaw	Green Beans (A,C,K)
Fruit 1/4 c	Tomato Wedges (A,C), Romaine Lettuce/Spinach mix	Pears (C )		Tomato Wedges (A,C)	Mixed Fruit (C )
Grain/Alternate 1/2 oz eq	Ultra Bun (WW)	(Pizza Crust) WGR	Sister's Schubert's Roll (WGR)	Cornbread Muffin (WGR)	Sister Schubert's Roll (WGR)
Other/Notes	Ketchup, Mustard, Mayo	Ranch Dressing	Irish Culture		(Tomato sauce A,C)
	*Serve as Sandwich-Let child assemble				
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D) *Lactose Free Milk				1% Milk (D) *Lactose Free Milk
Fruit/Vegetable 1/2 c	Applesauce (C)	Diced Pears (C)	Pineapple Tidbits (A,C)		
Grain 1/2 oz eq	Goldfish Graham crackers		1/2 Pillsbury Bagel/Strawberry Cream Cheese (WGR)	Animal Crackers (WGR)	
Meat/Alternate 1/2 oz		Shredded Sharp Cheese			Mighty Blueberry Muffin (WGR)
Other/Notes	Water	Water	Water	Water	Water
March WEEK 5					
Meal Pattern	Monday 3/31/25	Tuesday 3/26/24	Wednesday 3/27/24	Thursday 3/28/24	Friday 3/29/24
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk				
Fruit/Vegetable/Both 1/2 c	Tomato Wedges (A, C)				
Grain/Alternate 1/2 oz eq	Pillsbury Frozen SS Biscuits (WGR)				
Meat/Alternate 1/2 oz eq					
Other/Notes	Gravy, Jelly				
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk, Fluid 3/4 c	1% Milk (D) *Lactose Free Milk				
Meat/Alternate 1 1/2 oz eq	Pinto Beans(I)				
Vegetable 1/4 c	Corn (C), Turnip Greens (A,C)				
Fruit 1/4 c					
Grain/Alternate 1/2 oz eq					
Other/Notes	Cornbread Muffin (WGR)				
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk/Fluid 1/2 c	1% Milk (D) *Lactose Free Milk				
Fruit/Vegetable 1/2 c					
Grain 1/2 oz eq	Mighty Blueberry Muffin (WGR)				
Meat/Alternate 1/2 oz					
Other/Notes	Water				
@= Recipe in recipe book	WW=Whole Wheat or Whole Grain	(I)=High Source of Iron, (A)=High Source of Vitamin A, (C)=High Source of Vitamin C, CN=Child Nutrition Label, WGR= Whole Grain Rich			
Substitutions will be made in accordance with individually identified needs.			NO SCHOOL	* Indicates CULTURE FOOD Irish	* Indicates Allergy replacement