Boozhoo!

We hope that everyone is staying safe and healthy! This year started off in such a strange way but there is something to be said about everyone coming together to provide the best education possible for our youngest learners.

We cannot stress enough how important it is for children and their families to attend the live sessions, stay connected with your child’s teacher and do what you can to participate in activities and lessons. Uploading pictures of your child and their work helps the teachers evaluate your child and see what areas they can support them in. The Office of Head Start understands that this is a different way of teaching and learning but the expectation of attendance is still there.

Most classes at the ECC are offering 2 live sessions each day, Tuesday through Friday. Morning and afternoon sessions are similar so that caregivers can have some flexibility and can choose which session to attend that will best fit their schedule.

Of course, families can join both sessions if they choose to do so. Beginning in December, each classroom will be holding monthly participation drawings. Families are entered into the drawing each time they participate in an activity, join a live session, upload a picture/video or have contact with their teachers. At the end of the month, a child from each class will be chosen by random draw to receive the gift.

We hope everyone has a great holiday season and that you are able to enjoy your family time together.

Jamie and Jenn
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<td>Tribal/ECC Holiday Christmas Day</td>
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Boozhoo Waabooz Families,

I hope you all are well and healthy. For December, we are working on our new goals that we set during parent/teacher conference. Some of these goals are things like walking, standing up, tummy time, rolling over, and using more words.

We have three weeks of classes before the holiday break. I have some Christmas books to read to the babies, along with baby signs, ojibwemowin, and Christmas crafts and activities.

There will be no classes from December 21 through January 1st. Classes resume on January 5th. Have a safe and healthy holiday break! -Miss Maggie

Ojibwemowin:
Walking-Bimose
Stand- Niibawi
Roll over- Gotigobidoon
Speak- Giigido.
Boozhoo Amik Families—

We just want to start off by saying, thank you for all you do! Everything you have done to continue your child’s education virtually is appreciated. Seeing the kids during our live meetings is always a great time.

Please continue to send your photos and videos of crafts that are being completed, we love being able to see those.

If you still haven’t yet, please remember to go check out the My TeachingStrategies family app. If you need another link to be sent to gain access to it, please let us know. We share books, activities, as well as other information on that app. It is a great resource of communication as well.

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REMINDERS:

- we have two lives per day, 9:00am and 2:30pm. Both consist of the same content, so you can attend one or the other, or both if you would like.
- NO SCHOOL - December 21st to January 1st. Classes will resume Tuesday, January 5th.
- 12/25 TRIBE CLOSED - Holiday

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Miigwech,

Miss Tiff & Miss Judy

(715) 779-5030
Amik Classroom: ext. 2525
Amik Office: ext. 2526
Boozhoo Everyone!

We can't believe that December is here already! Last month we really enjoyed having our live sessions with everyone. Our live highlights were reading Chicka Chicka Boom Boom, making our own turkey with playdough, and doing a scavenger hunt.

This month we are working on the themes Wintertime & Holidays for our activities, book readings, etc. We absolutely enjoy those pictures of the children that are being sent, so keep on sending them to us.

Listed below we found a nice activity that you could try at home and do with your children.

If you have any questions, concerns, etc. we can be reached at (715)779-5030 ext. 2544 or 2543. You could also just direct message us on Teaching Strategies which is checked frequently throughout the day.

-Ms. Lulu & Ms. Kelsey

Kool-aid Dyed Pasta

Materials: Water, Uncooked noodles, Kool-aid packets, Zip-seal bags, sensory bin/container, Food coloring (optional)

Begin by adding roughly 2 cups of uncooked pasta to a zip-seal bag, using one bag for each variety/color of pasta that you are making.

Momentarily set these to the side.

Making Kool-aid Dye

Combine 1 packet of Kool-aid with 1/8 cups of hot water. Stir until the Kool-aid is dissolved.

Then, pour the Kool-aid mixture into one of the prepared bags of pasta. Repeat this process for each Kool-aid color that you are using. Seal the bags tightly. Then, pass them off to kids and have them mix and shake them until the noodles are fully saturated in color.

Once saturated open the bags and leave the noodles to dry right there inside of the bags.

After roughly 4-6 hours the noodles will be ready for play!

Credit: http://www.growingajeweledrose.com/2014/03/kool-aid-dyed-pasta.html
Merry Christmas Esiban Class!!

We have sent home three weeks of activities for you to enjoy with your little ones. We want to encourage all of you to spend time outside with your child. This will not only help them sleep better but also build large motor and fine motor skills.

We hope this holiday season brings you joy and peace. We want to say chi-miigwech for all you do.

Our ECC Holiday Party will be in December (date to come). Our plans right now will be taking the bus with Santa to each house to drop off a special gift for you…. Take care, and if you need anything such as: art supplies, diapers or wipes please call us at the center 715-779-5030 ext 2548

Until next time,
Your Esiban class teachers…..
**Upcoming Events:**

December 18th
Home Base 1st Virtual Socialization 11am-Noon
All Home Base families are welcome.

December 11th
Home Base 1st Prenatal Virtual Gathering 11am-Noon
All Home Base Prenatal mothers and expectant fathers are welcome.

Watch for a Webx invite through your email.

Winter Break
Dec. 21st - Jan. 3rd

**Miss Patrice 779-5030 ext. 2537**
**Miss Dawn 779-5030 ext. 2538**

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**Adaminon imaa goon daa**

*Let’s play in the snow!*

Logging into Teaching Strategies gives the parents all the information they need for each weeks lesson plans. Teachers contact families daily and upload books, songs, and finger-plays for you to enjoy at home.

Each week your home base teacher will meet with you for a 30 minute virtual visit via Webx. This allows us to build a relationship with your child and offer developmentally appropriate activities that will help you strengthen your relationship with your child. These visits are required by the Office of Head Start to help ensure that we are supporting and meeting family needs.

Please feel free to contact your teacher if you need help accessing Webx or Teaching Strategies.
Boozhoo gikina awiya (Hello everyone). For the month of December, we will continue the clothes study. What you will find on TSG will include books, and songs about clothing. The children will receive clothing related activities throughout the month. In addition, the question of the day asked during the lives will be about clothing. For example, are you wearing socks today?

We now offer two lives Tuesday through Friday at 10:00 am and 1:00 pm. These lives mimic the two circle group times that will occur when we have children back in the classroom (return date undetermined). During lives we sing songs, read books, show and share, ask the question of the day, and wish well. This is a great way for the children to connect with their teachers and classmates.

Attendance matters we need your support to ensure the success of our efforts! Participating in our daily live group on WebEx, uploading pictures of your child doing an activity on Teaching Strategies Gold, Communicating with the teachers through phone call, email or an individual WebEx meeting. We are open to scheduling an individual WebEx meeting with families please contact us if this is something you would like to do.

Chi-Miligwech to everyone for making the parent/teacher conference productive. We appreciate your willingness to communicate with us. We hope everyone has a safe, healthy, and festive holiday. Ambegish mino-ayaayeg (we wish you all well),

If you need anything you can contact us by phone (715) 779-5030 ext. 2546
Ms. Nadine, Ms. Gina, Ms. Becca

### DATES TO REMEMBER

- No school for ECC winter break
  - 12/21/2020 thru 1/4/2021
- Classes resume (virtually)
  - 1/5/2021
- Christmas Day-12/25/2020
- New year’s-1/1/2021

### OJIBWE WORDS

- Snow pants-bibooni giboodiyegwaazon
- Mitten-minjikaawan
- Earmuff-giizhiltawage’ong
- Boot-biitookizin
- Jacket-babiinzikawaagan
- Hat- wiwikwaan
What's Happening in Ma’iingan Room?

We want to say to our families and caregivers Miigwech to you all! We want to acknowledge our families in the dedication and learning you all are doing at home with your children. All the Caregivers and the children are AMAZING!! This month we will be learning about our Clothes Study, introducing Mat Man, winter crafts, counting, letter recognition, and learning our names. **FRIENDLY REMINDER THAT THE RED CLIFF COMMUNITY HEALTH CLINIC IS GIVING FLU SHOTS FOR OUR COMMUNITY, AND MA’IINGAN LIVES ARE AT 10:30 AM AND 12:30 PM.** Ma’iingan teachers are available by email or phone at ECC @ 715-779-5030 ext. 2545, Mon-Fri from 8:00am to 4:30pm. We will be delivering our activities twice a month to our kiddos and we to continue showing support to all our families as we move forward learning together, please reach out with any questions or concerns that may come up. **FRIENDLY REMINDER WE HAVE DROP BOX ATTACHED TO MEMENGWA TRAILER FOR ANY TYPE OF PAPERWORK (HEALTH FORMS, ASQ’S, UPDATES, AND ENROLLMENT PACKETS,) WE WISH YOU ALL WELL WISHES, TAKE CARE AND STAY SAFE!!!!

Miigwech,  
Ms. Alicia, Ms. Donna, and Ms. Gerri
MIGIZI NEWS

We have been excited to see our classmates on our lives and participating in our projects. Chi Miigwech for getting our paperwork and responding to our calls or emails! Remember there is an outdoor mailbox that you can put paperwork in also or just give us a call at 715-779-5030 ext. 2540 and we would be glad to help you.

You can always send us pictures of your child doing their projects, we would love to see them. It has been fun working on our clothing study and reading books with the children.

We have started introducing Mat Man to the children by drawing him and listening to a song about him. The children love Mat Man so you will be hearing his name mentioned.

During the holiday break we hope that everyone will have fun and enjoy their families.

Friendly Reminder: Red Cliff Clinic has flu shots available!

UNTIL NEXT YEAR HAPPY HOLIDAYS FROM US!

Ms Diann, Ms Haley, Ms Megan
Present: Joanne Peterson, Amaris Andrews DePerry, Anna Hanson, Nicolas DePerry Tribal Council Representative-through Webex and Mercie Defoe by phone, Quorum Present
Absent: Kelly Gordon, Katrina Heggie and Shaleena Montano

Others present: Jen Leask, Administrator, Jamie Goodlet-King, Head Start/4K/Early Head Start Director, Kathy Haskins, Education and Abilities Manager, Jenny Defoe, Family Service Enrollment Specialist, Patt Kenote-DePerry, Health Director, Stephanie Schluneger. Child Care Director, Cindy Garrity Family Service Manager and Julie Erickson, Launch.

Meeting called to order by Anna Hanson at 10:42 am.

Approval of Agenda: Motion by Joanne to approve agenda as is, second by Amaris, all in favor, motion carried.

Approve Meeting Minutes for September 28th, 2020: Motion by Anna to approve minutes for September 28th, 2020, second by Mercie, all in favor, motion carried.

Finance/Child Care update: Jen updated the Policy Council on updates in Kitchen and the Child Care spending. Child Care is looking at COVID related needs for the new center. Jonia has great record keeping system set up. Jen will be meeting with the Tribal Council at the retreat to discuss paying vendors. Policy council asked what exactly the roll is the ECC has with the Child Care? It was explained to them that the Child Care is under the ECC umbrella, but they have their own funding. The ECC will provide meals to the Child Care when it is in operation. Another question was asked when is a possible date for the Child Care to open? Jen informed them that even though the building is almost complete, there are still other things that need to take place such as; inspections, Child Care licensing, Child Care Policy's that are now with legal and we need to hire more teachers. Right now, there are 2 assistant Child Care teachers and 1 Teacher/Director. We are still in the process of recruiting

Program Summary: At this time, we have the enrollment entered in the program summary. The enrollment is down, we have opening in center base and home base, which Jenny is working hard at recruiting families. The CACFP contract for the food department has been submitted for the year and Cindy is still working on the numbers for food and attendance. Patt stated that the Health department are still working on getting paperwork through a team effort, and that due to the trying time of COVID everything is moving at a snail pace.
Other:

Fall Harvest: The ECC is hosting a BOO drive thru on October 22nd, from 11-1 pm. Scarecrow contest and children will receive a small bag. They can come in costume but will not be able to get out of their cars.

Enrollment Week: The ECC would like to have an enrollment week here at the ECC to help with collecting all the paperwork needed. Jen had asked HR/Tribal Council and Health Department and they said it would be ok to do. The ECC would like to do this for everyone at the beginning of next year.

Cultural-Tony is sending home some cultural information and medicines to families. In them he will talk about what it is and how to use it.

Next meeting scheduled will be Virtual on November 10th @9:00 am.

Adjourn: Motion by Ann to adjourn @11:08 am, second by Mercie, all in favor, motion carried.

____________________________________(print name)
Policy Council Chairperson or delegate

____________________________________(signature)
Policy Council Chairperson or delegate

____________________________________(Date)

Minutes taken by Cindy Garrity, Family Services Manager
Boozhoo and Happy Holidays to all:

The ECC Family Service Team would like to wish everyone a happy holiday and hope that all your dreams and wishes come true.

We have compiled a few resources to help assist you during this time of year.

- **WHEAP - Wisconsin Home Energy Assistance Program** 715-779-3706 FHS@redcliff-nsn.gov 88385 Pike Rd. The Wisconsin Home Energy Assistance Program (WHEAP) administers the federally funded Low-Income Home Energy Assistance Program (LIHEAP) and Public Benefits Energy Assistance Program. LIHEAP and its related services help over 100,000 Wisconsin households annually. In addition to regular heating and electric assistance, specialized services include:

  Emergency fuel assistance, Pro-active copayment plans, Targeted outreach services, Emergency furnace repair and replacement, Services are available during the heating season which begins October 1 each year.

- **Red Cliff Food Shelf** Serves Red Cliff Tribal Members 37510 New Housing Rd. 715-779-3781

- **Red Cliff Food Distribution Program** Phone:715-779-3740. Call for information about the food program, Free Food Boxes, and meals for school aged kids. Options for delivery for those who are in quarantine or are unable to get to the site. Updated 11/2020

- **Red Cliff Giba’an Bakadewin Project Community Processing Kitchen** Serves Red Cliff Tribal Members 37510 New Housing Rd., 715-779-3706

- **Bayfield Food Pantry-Bates Art Bar** at 14 S Broad St (off alley), Bayfield, WI 54814. Phone: 715-779-3457. -Serving Washburn, Bayfield, Red Cliff, and South Shore communities. -Distributing food every Thursday from 10am-2pm -Pick up in person or call to request delivery -Everyone is welcome

- **The BRICK** Offers curbside pick-up of goods. Ashland-420 Ellis Ave, Ashland, WI 54806. Phone: 715-682-7425. -Open Mon-Wed 9am-3:30pm, Thu 9am-7pm. Cornucopia-(South Shore Food Shelf) 22615 County Hwy C, Cornucopia, WI -Open 1st & 3rd Thu of the month 10am-3pm

If there is anything else that you can think of or anything you need help with, please reach out to us here at the ECC. 715-779-5030. We will do everything we can to help. Red Cliff ECC Family Service Staff-Cindy Garrity ext. 2551, Jenny Defoe ext. 2533 and Donnie Gordon ext. 2554

Miigwech, and once again Happy Holidays.
It’s the last month of the year! You know what that means?!
CHRISTMAS TIME is just right around the corner!! Yaaaaaay!!

As we get farther into this odd school year, the health office is still looking for Health Releases (health and dental) from families. We understand how hard things can be with the pandemic going on all over the world. That’s why we have now added a new mailbox outside of our Memengwaa Trailer for paperwork to be dropped off at and any time that is convenient for our families.

The health office is also looking for heights and weights for your children. As this year is quite different from any other year, we were not able to get the proper heights, weights, vision and/or hearing screens done like we typically do at the beginning of the school year. If you have a scale and even a tape measure you can help us out and get the height and weight of your child. Share the information with your child’s teacher and they will give us the information. (Please include the specific date the heights and weights were done.)

Last but not least, the health office, as well as the Red Cliff Community Health Center, is recommending that children stay up to date on their Well Child visits. If your child isn’t current on their Well Child visits, please make an appointment to get back up to date. Dental exams are also being recommended.

The health office wishes all our families a very Merry Christmas!!
Stay safe and keep being healthy!! Dress warmer as it’s getting colder and colder out there!!

Ms. Patt and Ms. Mikayla
TOYS FOR TOTS

Sign up begins on Monday November 16th

This is for parents with children from Newborn to 12 years old.

Parents can call NWCSA

@

(715)292-6400 ext. 1,2 or 6
**Alternatives to fast food**

After a long day of school and work, you may be tempted to hit the drive-thru for your family’s dinner. How can you resist the tug of fast food and keep things healthier? Use these strategies to stick up on quick and easy dinner options.

**Deli “fixins”**

Ask your child to create a “deli menu” for make-your-own-sandwich nights. He could invent sandwich combinations, then draw pictures and write descriptions of them. (“The Sweet Pickler: Toasted whole-wheat bread, lean turkey, lettuce, extra pickles, honey mustard.”) At dinnertime, everyone can make a sandwich from his menu—or design their own.

**Breakfast for dinner**

Many breakfast foods can be prepared in a jiffy, making them ideal for busy evenings. For microwave scrambled eggs, whisk 2 eggs in a microwave-safe bowl and heat for 2 minutes, stirring once halfway through. Or just open a box of whole-grain cereal, and let each person add nonfat milk and their favorite fruit.

**Slow-cooker day**

It’s nice to sit down to a hot meal that’s already cooked, so consider keeping slow-cooker staples on hand. Examples: chicken breasts, low-sodium broth, canned beans and tomatoes, frozen vegetables. Then, let your youngster help you find recipes. In the morning, add ingredients to the slow cooker together. If your family works and learns at home, you’ll enjoy the aroma all day!

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**Active story time**

Everyone knows reading is good for the mind. With this fun activity, it’s good for the body, too.

Read a book to your youngster that has lots of action words, such as dance, hop, run, and jump. Then, read it again slowly, and have her act out the story as you go. For instance, read *Hop on Pop* (Dr. Seuss). She could jump up when you read, “Up, up,” or crouch down small when you say, “Mouse on house.”

Suggest that your child use props, too. For instance, read *Jack and the Beanstalk*. She can climb on a chair when Jack climbs the beanstalk, and then jump down and run away when Jack does.

---

**Best Bites**

Clean cuts

Here’s a way to teach your child about food safety when she helps out in the kitchen. Explain that bacteria from raw meat can live on cutting boards, so you use a separate board just for fruits and vegetables. Show her which board is which, and let her use a butter knife to cut a peeled avocado or canned peach half on the one for produce.

**Active all day**

Experts recommend at least 60 minutes of physical activity a day for children and adults. No need to think of it as formal exercise! Turn on upbeat music and dance with your youngster. Put out active toys, and hula hoop or jump rope together. Or tape a family hopscotch grid on the floor, and challenge him to a game.

**Did you know?**

Children ages 4–8 need 25 mg of vitamin C daily and kids ages 9–13 need 45 mg. Luckily, it’s pretty easy to find kid-friendly sources of this essential nutrient. In fact, just one orange contains 70 mg. More ways for your child to get vitamin C: Let her snack on raw red bell pepper spears. Toss strawberries into a spinach salad at lunch. Serve oven-roasted broccoli for dinner.

**Just for fun**

**Q:** What do you take before a meal?

**A:** A seat.

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Explore the food groups

Fruits, vegetables, grains, protein, dairy... a balanced diet includes all five food groups! These ideas will help your child learn about them.

**Twenty questions.** Ask your youngster to pick a food group (say, fruit). Secretly think of a food from that group (banana), and let her pose up to 20 yes-or-no questions to guess it. (“Does it grow on a tree?” “Is it green?” “Do monkeys eat it?”) Now name a food group and have her choose a food for you to guess. Let your child jettison the foods used in the game and pick one from each group to add to your grocery list.

**Small plates.** Many cultures eat meals made up of small plates to share—known as **tapas** in Spain, **mezze** in the Middle East, and **antipasto** in Italy. With your youngster, choose a food from each group, and make a small-plates meal together. Maybe she’ll suggest shrimp skewers (protein), sliced carrots (vegetable), couscous (grain), a diced pear (fruit), and cheese cubes (dairy). As she enjoys the meal, she’ll learn to eat from each group.

**Outdoor winter fun**

Playing outside in winter brings its own sense of joy. Try these games that will help your youngster stay active regardless of the weather.

- **Snowball contest.** Set a timer for 5 minutes, and race to create the largest snowball. Then, combine your snowballs into one giant ball.
- **Penguin waddle.** Have each family member place a small ball on his feet (like a father penguin carries an egg). Race across the yard. If you drop your “egg,” return to the starting point. The first player to reach the other side wins.
- **Ice globes.** Blow up balloons, and before tying them, let your child fill them ¾ of the way with water and add a few drops of food coloring. Freeze 3–4 hours. Use scissors to cut off the balloon, and he’ll have beautiful ice globes to roll and kick around.

**Q&A Food allergies at holiday time**

Q: My daughter has a peanut allergy. How can I help her stay safe during the holidays—and beyond?

A: Allergies and holidays can be tricky! If you will have meals with relatives or friends this season, be sure to tell them about your child’s peanut allergy.

Explain that if you visit for a meal, or if they bring food or send food gifts to your home, they should make sure not to use peanuts or peanut products. They’ll also need to read food labels carefully and thoroughly clean surfaces that may have been in contact with peanuts. And point out that almond butter or sunflower seed butter can be used in place of peanut butter in recipes.

Finally, before visiting with anyone, remind your daughter about her allergy. Let her know you’ll help her choose safe foods and ask about any she’s unsure of—habits that will need to become automatic for her as she gets older.

**Creative cracker toppings**

For a quick snack or a festive party platter, encourage your child to think beyond the usual cheese and crackers. Let him help you put together these fresh, healthy combos on whole-wheat crackers.

**Cheesy fruit**
Top crackers with part-skim ricotta cheese. Add a kiwi slice and a drizzle of honey.

**Pesto**
Spoon pesto sauce onto a cracker. Top with diced tomato.

**Garden veggie**
Start with a layer of hummus. Over it, arrange a slice of cucumber and radish.

**Seafood snack**
Put chunks of canned salmon on a cracker, and sprinkle with pepper and thinly sliced chives.

**Cold pizza**
Cover a cracker with marinara sauce. Add shredded low-fat mozzarella cheese and diced green pepper.
Healthy Choices, Healthy Lives

WHAT IS FOODWISE?

FoodWise is federally funded statewide by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

University of Wisconsin-Madison Division of Extension Ashland, Bayfield, Iron County FoodWise Nutrition Team

Stephanie Bakker, FoodWise Nutrition Coordinator Extension Ashland, Bayfield, Iron Counties Phone: 715-682-7017 (Ashland County office) stephanie.bakker@wsu.edu

Sarah Tarkington, FoodWise Nutrition Educator Extension Ashland, Bayfield, Iron Counties Phone: 715-682-7017 (Ashland County office) sarah.tarkington@wisc.edu

Deborah Leonard, FoodWise Nutrition Educator Extension Ashland, Bayfield, Iron Counties Phone: 715-561-2695 (Iron County office) deborah.leonard@wisc.edu

FOOD RESOURCES

September 23, 2020 – The Boys and Girls Club of the Red Cliff Band of Lake Superior Chippewa have received a $50K donation from an anonymous source with the intent of continuing meal programs for youth members.

The Boys & Girls Club of America Native Services informed Division Administrator Rebecca Benton and Club Director Paige McLellan of the donation that will greatly help youth in the community.

“We are very excited to receive this donation as it will allow the Club to provide meals to Club youth, and it will allow the Club to grow and continue to help the youth that come through our doors,” said McLellan. “It’s always great to have donors like this to help during these tough times, and we would like to thank the donor for this generous gift.”

Red Cliff Boys & Girls Club staff have been assisting the Food Distribution program with meal preparation and distribution for youth in the community since March. Club staff have recently started preparing and distributing meals for the Red Cliff Elderly program while also fulfilling Club duties of virtual programming and planning for the Club’s relaunch.

“We really miss the kids and the Club, and we can’t wait to get back in and open the doors,” said McLellan. “We want the Club kids to know the following: You are missed. You are important. You are loved. You R.O.C.K. You are Remarkable, Optimistic, Consistent. Kind.”

Red Cliff is thankful for this opportunity to help continue to serve the youth in the community. Questions can be directed to Red Cliff Family Human Services at 715-779-3706.

DATES TO REMEMBER:

The Iron County Mobile Food Pantry will take December 21, 2020, which is one week earlier due to the holidays. If you are interested in learning more about this program, please call the Extension Iron County office at 715-561-2695.
RECIPE OF THE MONTH
CRANBERRY AND WILD RICE STUFFING

Here are some ways to use up any berries that you have in your freezer from the summer and to make a healthy dessert for the upcoming holidays.

**Ingredients**
- 1/2 cup Wild Rice, uncooked
- 1 cup Water
- 1/4 cup Raisins, dark or golden
- 5 Green Onions (scallions), chopped
- 1 tbsp Vegetable Oil
- 1/2 cup Celery - or - Fennel Buds, chopped
- 1 cup Cranberries, fresh or frozen
- 1 teaspoon Orange Rind, grated
- 1/2 tsp Dried Thyme

**Directions**
Put the wild rice in a saucepan. Add the water and raisins and cook over medium heat for 1 hour, or until the rice is tender. Drain. Sauté the onions and celery (or fennel buds) in the oil until tender. Add the cranberries, orange rind, thyme and rice. Stuff into two Cornish hens or a 3-pound chicken, or use with turkey breast. Bake in a 350-degree oven for 1 hour, or until the poultry is done.

If you would like to see more recipes that include cranberries and wild rice, visit: [http://nativefood.blogspot.com/2006/07/wild-rice-and-cranberries.html](http://nativefood.blogspot.com/2006/07/wild-rice-and-cranberries.html)

**HOURLY CELEBRATIONS—THE HEALTHY WAY**

Try these fun action snacks during the holidays this year. Also be sure you are safe with holiday leftovers!

- **Shape it!** Cut fruit, veggies and sandwiches into fun holiday themed shapes. Try using a cookie cutter or melon baller. Use leftover pieces in smoothies, soups, or pasta sauces.
- **Dip it!** Dip fruit in low-fat yogurt or pudding, try veggies with ranch dressing or hummus!
- **Create it!** Make each plate a work of art. Arrange food to make a flower or funny snowman.
- **Build it!** Choose different toppings to make a healthy yogurt parfait, snack trail mix or fruit kebobs
- **Taste it!** Have a tasting party with fruits and veggies. Try tasting a rainbow of colors or compare varieties of apples or sample less familiar fruits and veggies.

Mawinzwaan Crisp (picked berries crisp)

**Ingredients**
- 8 cups total of mixed fruit (raspberries, blackberries, strawberries, plums, apples, etc.)
- 3/4 cup whole grain flour
- 1/2 cup rolled oats
- 1/4 cup brown sugar - zinziwaa bwaad
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/4 cup maple syrup - Anshana na zinziwaa bwaad
- 1/4 cup butter, softened
- 1/4 cup sunflower - ziinda aagana - oil or vegetable oil
- 1/2 cup total of your choice of walnuts, almonds, sunflower - ziinda aagana - seeds

**Directions**
1. Preheat oven to 350 degrees.
2. Measure and mix flour, oats, brown sugar, salt and cinnamon in a bowl (a fork works great).
3. Mix in 1/2 of maple syrup and all of the softened butter and oil to make a crumbly topping (curl in with fork and butter knife or use your clean hands).
4. Prepare fruit and place in the bottom of a 9x13 inch pan (smaller pans will work, add a little cook time if you use a smaller pan).
5. Drizzle the remaining maple syrup on fruit & top with crumbly topping
6. Bake at 350 degrees for 50-60 minutes until fruit is bubbly and topping is brown. OR cover with plastic wrap, label and freeze for later! If you bake a crisp frozen, add 10 minutes to baking time.

Enjoy!
ORANGES

Nutritional Benefits
Oranges, like other citrus fruits, are an excellent source of vitamin C as well as a source of many other nutrients, such as fiber, B-vitamins, chamin, potassium, and folate. Folate is a B vitamin that helps make healthy red blood cells and lowers a woman’s risk of giving birth to a child with certain birth defects.

How to Select
Look for firm oranges that feel heavy for their size with bright, colorful skin. Avoid fruit with bruised, wrinkled, or discolored skin. Oranges with thin skin tend to be juicier than those with thick skin.

How to Store
Oranges can be stored at room temperature or in the refrigerator for up to two weeks.

How to Eat
• Slice oranges for a quick, healthy snack.
• Instead of soda, make a fruit spritzer by mixing 100% orange juice and sparkling water.
• Toss peeled orange segments into green salads for a citrus splash.
• Freeze 100% orange juice in a paper cup with a popsicle stick or spoon.

Did you know?
✓ There are many varieties of oranges, but the most popular include the sweet orange, sour orange, and mandarin orange, or tangerine. The United States produces the sweet variety, including the Blood, Hamlin, Jaffa, Navel, Pineapple, and Valencia.
✓ After chocolate and vanilla, orange is the world’s favorite flavor.
✓ Navel oranges got their name because the bottom looks like a belly button or navel.
✓ Unlike many fruits, citrus does not continue to ripen after being picked.
Manidoo-Giizisoons (Little Spirit Moon)

Ningaabii'anong (West)
- Mashkodewashk (Sage)
- (Adult)
- Niibin (Summer)
- Physical Health
- Black

Zhaawanong (South)
- Giizhik (Cedar)
- (Adolescence)
- Dagwaagin (Fall)
- Emotional Health
- Red

Giiwedinong (North)
- Wiingashk (Sweet Grass)
- (Elder)
- Biboon (Winter)
- Mental Health

Waabanong (East)
- Asemaa (Tobacco)
- (Childhood)
- Ziigwan (Spring)
- Spiritual Health

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Family Stress

Tips to Find Family Peace

- Take care of your family by taking care of yourself.
- Have realistic expectations; don’t compare yourself to others and watch out for “should.”
- Exercise stress away by walking, running, dancing, or anything else that moves muscles.
- Know your stressors. Be aware of how stress impacts your mood and thinking.
- Take extra care of relationships in times of stress.
- Turn up quiet. Take tech time-outs from TV and other electronics for periods of family calm.
- Reduce parental conflict and arguing, especially around children.
- Model positive stress management skills for your child.
- Minimize multi-tasking and over-scheduling.
- Practice stress reducers you can use anytime/anywhere to calm yourself (breathing exercises or brief meditations work great).
- Boost your mood by treating yourself often to happy thoughts, memories, photos, and laughter.

Why Reduce Family Stress?

- We can improve our parenting and other family relationships through better stress management.
- We protect our children’s development by limiting exposure to intense or long-term stress.
- We make better decisions when we’re not reacting out of anger, fear, and other stressful emotions.
Dial Down Stress

Although some stress can be helpful and motivating, too much can be harmful. Severe stress has been shown to impact the brain development and long-term mental and physical health of young children. Family stress can also hurt relationships.

Stress: How much is too much?

Stress is a normal response to challenges. Our heart rate quickens bringing more blood sugar to our muscles. Our breath speeds up bringing oxygen to the brain. These changes give us alertness and energy to deal with the situation.

But stress that is intense or long-term can be toxic. Extreme stress, such as neglect or family violence, may interfere with the development, learning, and long-term emotional and physical health of children.

Even moderate stress can hurt relationships when we don’t cope well. Stress interferes with our thinking. When we’re stressed, we can become edgy, lose our temper, and say or do things we regret. Our own stress can also increase stress in children.

We can dial down some stressors by reducing family conflict and yelling—especially around children, by providing consistency and structure to promote a calm household and by maintaining a schedule that includes downtime.

We can also help our children build resilience by modeling positive stress-coping strategies. Exercise, hobbies, mindful breathing, meditation, and laughing are a few ways to bring our bodies into a calmer state and reduce stress chemicals.

Supportive, nurturing relationships between children and parents or other caregivers have been shown to buffer kids against stress. Building a strong relationship with our children is one of the best ways to help them develop a healthy response to stress.
Planning for Tax Time

As you probably know, almost everyone with an income needs to file a tax return. You may be dreading tax time because you’re afraid that you owe money to the Internal Revenue Service (IRS) or the state. But, it’s just as likely that you’ll be getting a refund!

One benefit of filing taxes is that you may get extra money back through tax credits, above and beyond what was withheld from your paycheck. Another benefit is that some tax credits can lower the income taxes you have to pay and might even give cash refunds to families whose incomes are too low to owe taxes.

As you get ready to file your taxes, here are a couple of things to keep in mind:

- You must file federal forms 1040 or 1040SR for those 65+ years old, and state form WI 1 to claim tax credits. If you file form WI 1NPR for nonresidents or part-time residents, you must have lived in Wisconsin year-round to get tax credits.
- Say “no” to Refund Anticipation Checks (RAC). RACs don’t get you your money any sooner and the rates and fees really add up. The result is a lot of money out of your pocket!

Free Ways to File Taxes

You can save money by doing taxes on your own instead of paying a tax preparer. Filing taxes is easier than in the past because of these programs:

- Federal Returns – At www.irs.gov, you can use brand-name software or free fillable forms to file online, or you can print the forms you need to file.
- State Returns – You can also file your Wisconsin taxes online or by mail with forms from www.dor.state.wi.us (or your local library). Be sure to do your federal taxes first since you’ll need some of that information for your state tax return.

- Volunteer Income Tax Assistance (VITA) – Low-income individuals and families are eligible for free tax preparation by high quality, trained volunteers. VITA sites are generally located at community centers, libraries, schools, shopping malls and other locations across the state. To find the location closest to you, call 1-800-906-9887 or go to www.irs.gov and search for VITA.

- Depending on your household income, you can file your federal AND state taxes together at www.myfreetaxes.com, a website sponsored by United Way and several national companies. The Q&A format makes filing easy!
File Early if You Owe Taxes

- Many people tend to put off things they don't want to do, but if you owe income taxes, they need to be paid by April 15th.
- If you are not able to pay the full amount, there are short term extensions and monthly payment plans available.

Do you qualify for major tax credits?

When you file your taxes, if you qualify for tax credits, you'll need to fill out a few extra forms. These tax credits include:

- The Earned Income Credit (IRS Schedule EIC) is a tax benefit for workers who earn low or moderate incomes. Qualifying persons who file federal and state tax returns get back some or all of the income tax withheld from their pay during the year. You might even get more money back than you paid in taxes.
- The Homestead Credit (WI Schedule H) is a tax benefit for renters and homeowners with low or moderate incomes. Qualifying persons who file state returns get back some or all of their state taxes withheld during the year.

To learn more about tax credits, plus other resources, you can go to fyi.extension.wisc.edu/efic

Making the Most of Your Refund

- Make a wish list—It can get you thinking about how to spend your refund. Write down the ways you want to spend your refund and how much each will cost. You might include needed things and fun things too.
- Go back and circle items on the list you need to pay for first. If it adds up to too much money, cross off circled items one by one until you stay within your refund.

How about saving some of your refund?

Tax refunds only come once a year and it's always nice to have some emergency money during the rest of the year.

The IRS offers an automatic savings option. Fill out IRS Form 8888 to split your refund between savings and spending. For example, if you get back $1,000, you can put $750 into your checking account to pay bills and put $250 into your savings account. You can even use some of your refund to buy savings bonds.

If you split your Federal tax refund and save at least $50 using IRS Form 8888, you might be able to win cash prizes. To enter the contest, share information about how much you saved at: www.saveyourrefund.com

For More Information...

Contact your local Human Development and Relationship Extension Educator, UW-Madison Division Extension, for more financial education resources. Go to https://counties.extension.wisc.edu/ to find your County office.

For help with balancing your monthly spending plan, contact a non-profit Certified Consumer Credit Counselor online at www.debtadvice.org or by calling 800.388.2227.

To $um It Up:

- Filing taxes can be a great time to make the most of your money
- Be sure to fill out the correct forms so that you can claim tax credits, if eligible.
- Make a wish list to help decide how to spend your refund
- A tax refund could be the perfect time to jumpstart your financial goals - start or add to your savings account for emergencies, retirement, or your child's college fund – whatever is most important to you!
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<td>6 Put On Your Own Shoes Day!</td>
<td>7 National Letter Writing Day- Write a letter to a friend!</td>
<td>8 National Brownie Day- Make Brownie's together!</td>
<td>4 National Sock Day- Sort your socks by size!</td>
<td>5 Bathtub Party Day! Read a Bath Book!</td>
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<td>13 National Ice Cream Day!</td>
<td>14 International Monkey Day! Read a book with a monkey in it!</td>
<td>15 Pick one crayon out of the box, and look for items that are that color!</td>
<td>9 Christmas Card Day</td>
<td>10 Hanukkah Begins!</td>
<td>11 Make your own sled! (See Activity)</td>
<td>12 National Poinsettia Day!</td>
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<td>20 Go Caroling Day! Sing your favorite holiday songs together!</td>
<td>21 Winter Begins! Crossword Puzzle Day!</td>
<td>22 Make your own snow together! (See Activity)</td>
<td>16 National Chocolate Covered Anything Day!</td>
<td>17 National Maple Syrup Day!</td>
<td>18 Bake Cookies Day- Bake Cookies together to celebrate!</td>
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<td>27 Make Cut Out Snowflakes Day!</td>
<td>28 National Card Playing Day! Play a card game together!</td>
<td>29 How many words can you and your child come up with that start with the letter &quot;c&quot;</td>
<td>30 Discuss what was your favorite book you read this year and read it together!</td>
<td>31 New Year's Eve! Discuss your favorite 2020 memories!</td>
<td>Read A New Book Month!</td>
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Sled

Materials Needed:
- Colored Popsicle Sticks (Or color your own popsicle sticks with paint or markers)- 6 Popsicle Sticks Per Sled
- Glue
- Yarn
- Scissors

Instructions:
- Using the popsicle sticks line 2 up side by side, and glue them together
- Cut one popsicle stick in half diagonally- and glue each piece to both sides of the sled
- Cut another popsicle into three pieces- 2 ends and the middle piece
- Glue the both end pieces to the bottom front of the sled and the long middle piece to the bottom end of the sled
- Glue a piece of yarn to the front of the sled
- Optional: Write your name and the year on the sled

www.booksbythebushel.com
Snow

Ingredients Needed:
- 2 Cups Baking Soda
- Shaving Cream
- Plastic Container

Instructions:
- Pour the 2 Cups of Baking Soda into a container
- Add the Shaving Cream a little bit at a time (start with a handful and go from there)
- Knead together the two ingredients until they form a snow-like consistency
- Enjoy!

Double the recipe for more snow!

www.booksbythebushel.com
Substance misuse driving your life? Change lanes with a fresh start.

No-cost career services and financial assistance available to help you

Support to Communities: Recovery through Workforce Development

Who’s it for? Adults who are recovering from substance misuse or have been closely impacted by someone in their life who has dealt with substance misuse. This program is available to residents of Ashland, Bayfield, Burnett, Douglas, Price, Iron, Rusk, Sawyer, Taylor, and Washburn Counties.

We’ll help you every step of the way, from your first appointment to getting the job, and everything in between.

Contact us Today!

Scott Schultz
Support to Communities
Project Coordinator
sschultz@nwwib.com | 715-201-8493
www.nwwib.com

How we can help!

✓ Financial assistance for eligible skill training and education programs
✓ Job preparation coaching (resume writing and interviewing prep)
✓ Job connections with our industry and business partners
✓ Financial assistance with childcare, transportation, and recovery services

Northwest Wisconsin Workforce Investment Board is an equal opportunity employer and service provider. If you have a disability and need assistance with this information, please call us through Wisconsin Relay Service (7-1-1) or at 800-947-3529. To request information in an alternate format, including language assistance or translation of the information, please contact us at (715) 682-7235. Support to Communities is funded by the U.S. Department of Labor (CFDA #17.277). Auxiliary aids are available upon request.
Support to Communities
Fostering Opioid Recovery Through Workforce Development

Eligibility Requirements

**Type 1 Worker**
Workers who are personally affected by opioid misuse or other substance use disorder.
Individuals who themselves, or whose friends or family members have been impacted by substance use and disorders and voluntarily disclose that either they or a friend or family member has a history of opioid misuse or other substance use disorder.

**Type 2 Worker**
Workers who seek to transition to professions that support individuals with a substance use disorder or occupations that address the opioid recovery efforts in local service areas.
This includes individuals who need new or upgraded skills to better serve struggling or at-risk individuals.

**Eligible Participants**

**Skills Training**
- Skills training in opioid recovery and health-related professions.
- Skills training for in-demand occupations.

- Skills training in opioid recovery and health-related professions

**Other Requirements**
Eligible participants for both types of workers include dislocated workers, individuals with barriers to employment, new entrants in the workforce, or Incumbent workers (employed or underemployed).
Participants are not required to disclose whether they have a history of drug addiction or know someone with a history of opioid use. All disclosures are voluntary. If a participant does not disclose whether he or she or a friend or family member has a history of opioid misuse or other substance use disorder, the participant will be served as a worker who seeks to transition to a profession that supports individuals with substance abuse disorders.

Northwest Wisconsin Workforce Investment Board is an equal opportunity employer and service provider. If you have a disability and need assistance with this information, please call us through Wisconsin Relay Service (7-1-1) or at 800-947-3529. To request information in an alternate format, including language assistance or translation of the information, please contact us at (715) 682-7235.
Current opening at the Red Cliff ECC - If interested please go to the Red Cliff Tribal website and download the application and job descriptions.

**Early Head Start Center Based Teacher**  
DEADLINE: Open Until Filled - [Apply Online](#)

**ECC Child Care Teacher - 4 Positions**  
DEADLINE: Open Until Filled - [Apply Online](#)

**ECC Child Infant Room Assistant Teacher**  
DEADLINE: Open Until Filled - [Apply Online](#)

For further information please call the Early Childhood Center at 715-779-5030 ext. 2521
# December 2020

## Manidoo-Giizis

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<td>L Pizza, Corn, TR Fruit, CC</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S Apple/STR Cheese</td>
<td></td>
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</tr>
</tbody>
</table>

## All Meals Served with Milk

- **Ecc Closed Holiday Break**
- **Ecc Closed Holiday Break**
- **Ecc Closed Holiday Break**
- **Ecc Closed Holiday Break**