

RED CLIFF EARLY CHILDHOOD CENTER NEWSLETTER



Boozhool

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

DECEMBER MANIDOO GITZISOONS (LITTLE SPIRIT MOON)

S M T W T F S

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

ECC EVENTS:

17 INCENTIVES DRAWING

18 GIFT DELIVERY

ECC/TRIBE CLOSED:

25 CHRISTMAS DAY



OJIBWE LANGUAGE CORNER

badaka'igan

a fork

emikwaan

a spoon; a ladle

mookomaan

a knife

onaagaans

a cup; a small dish

onaagan

a dish; a plate

boozikinaagan

a bowl

wiisini

s/he eats

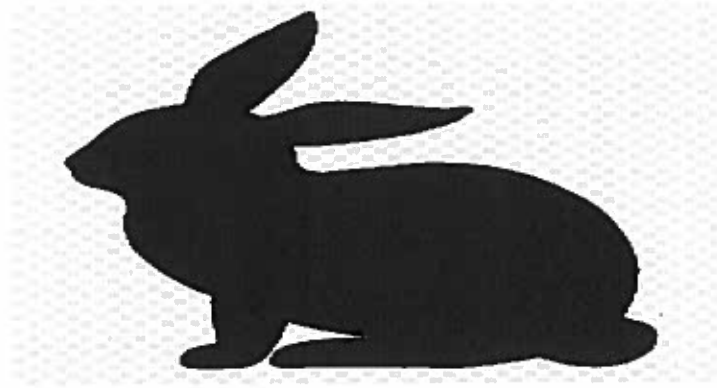




Manidoo-Giizisoons
(Little Spirit Moon)
December 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	No ECC Meal Deliveries ECC Winter Break Will return on January 4th No ECC Meal Deliveries				25 Tribal/ECC Holiday Christmas Day	26
27						



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.

Amik News

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.

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

Miigwech,

Miss Tiff & Miss Judy

(715) 779-5030

Amik Classroom: ext. 2525

Amik Office: ext. 2526



MAKWA NEWSLETTER



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.

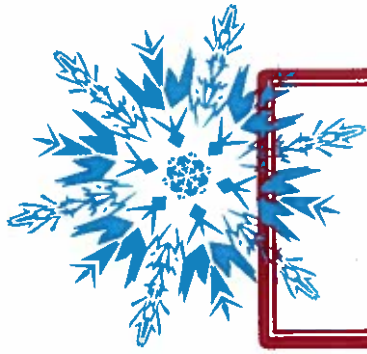


We hope this holiday season brings you joy and peace. We want to say *chi-miigwech* for all you do.

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.....





Agongos Home Base



December Newsletter

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

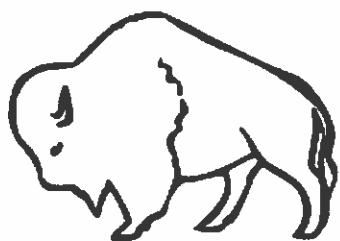
Adaminon imaa goon daa

Let's play in the snow!

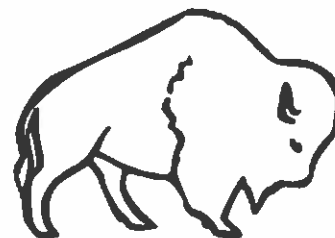
Logging into Teaching Strategies
gives the parents all the information
they need for each weeks lesson
plans. Teachers contact families daily
and upload books, songs, and finger-
plays for you to enjoy at home.

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.



MASHKODE- BIZHIKI NEWS



December 2020

Manidoo-Giizisoons (Little Spirt Moon)

Boozhooo gakina 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 through out 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 1:00pm. 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 Web ex 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-Miigwech 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-giizhiitawage'ong

Boot-biitookizin

Jacket-babiinzikawaagan

Hat- wiiwakwaan



Manido-Giizisoons

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

OJIBWEMOWIN WORDS AND PHRASES

Biiboon Winter

Wiiwakwaan Hat

Goon Snow

Zoogipon Snow falling

Mikwam Ice

Giboodiyegwaazon Pants

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



Policy Council Virtual Meeting
Tuesday October 20th, 2020
10:30 am



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!! Yahoooo!!



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



Nutrition Nuggets™

Food and Fitness for a Healthy Child

December 2020



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.



Alternatives to fast food

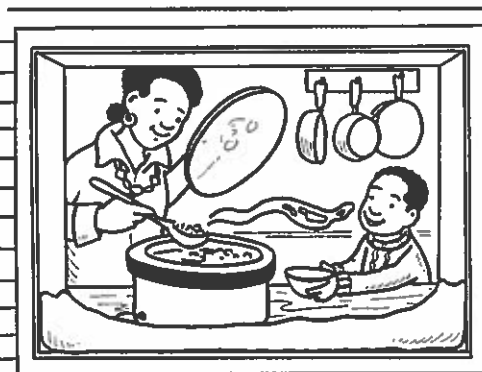
After a long day of school and work, you may be tempted to hit the drive-thru for your family's dinner. How can you resist the tug of fast food and keep things healthier? Use these strategies to stock up on quick and easy dinner options.

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! ●

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, pup," or crouch down small when you say, "Mouse on house."

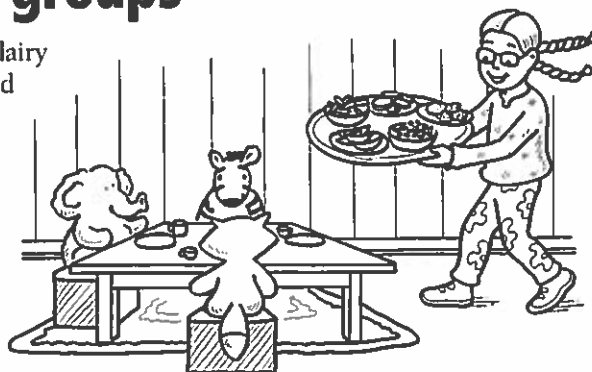
Suggest that your child use props, too. For instance, read *Jack and the Beanstalk*. She can climb on a chair when Jack climbs the beanstalk, and then jump down and run away when Jack does. ●



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 jot down 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 *anti-pasto* 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. 🍴

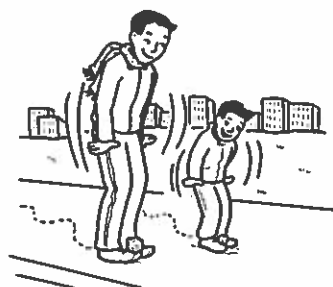
ACTIVITY CORNER

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 $\frac{3}{4}$ of the way with water and add a few drops of food coloring. Freeze 3–4 hours. Use scissors to cut off the balloons, and he'll have beautiful ice globes to roll and kick around. ❄️

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,

a division of CCH Incorporated

128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

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. 🍴



IN THE KITCHEN

Creative cracker toppings

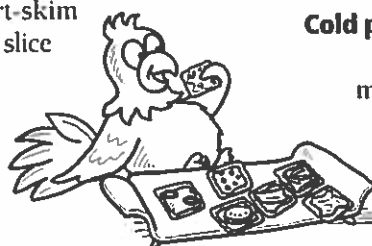
For a quick snack or a festive party platter, encourage your child to think beyond the usual cheese and crackers. Let him help you put together these fresh, healthy combos on whole-wheat crackers.

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. 🍴

FoodWise Nutrition

December 2020 Newsletter



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

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FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, University of Wisconsin-Madison (Division of Extension) provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act.

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 Moilanen 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 Moilanen. "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 Moilanen. "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.

GREAT FUTURES START HERE.



RECIPES 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 Bulb, 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 bulb) 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>

Mawinzwaan Crisp (picked berries crisp)

Ingredients:

- 8 cups total of mixed fruit (*miskominan*-raspberries, *odatagaagominagaa-wanzhig*-blackberries, *mashkigiminag*-cranberries, *ode'iminan*-strawberries, *zhawbag*-rhubarb, *mishaminag*-apples)
- 3/4 cup whole grain flour
- 1/2 cup rolled oats
- 1/4 cup brown sugar-*zinzibaakwad*
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/4 cup maple syrup-*Anishinaabe zinzibaakwad*
- 1/4 cup butter, softened
- 1/4 cup sunflower- *ziinda'aaganag*-oil or vegetable oil
- 1/2 cup total of your choice of walnuts, almonds, sunflower-*ziinda'aaganag*-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 (cut 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 frozen crisp, add 10 minutes to baking time.

Enjoy!



HOLIDAY 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 kabobs.
- **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.

Chill: You say 'leftovers,' I say 'planned overs.'

- **Remember the 2-hour rule.** Leftovers should not sit out, refrigerate within 2 hours.
- **Divide leftovers into shallow containers for quick cooling in the refrigerator.** Use shallow containers, no more than 3 inches deep.
- **Make sure there's room!** Clean out the refrigerator before the big day so there's room to thaw the turkey and for any leftovers.
- **Reheat to 165°F.** Properly handled, leftovers can be eaten cold or at room temperature. If reheated, aim for 165°F.



HARVEST OF THE MONTH



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, thiamin, 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.

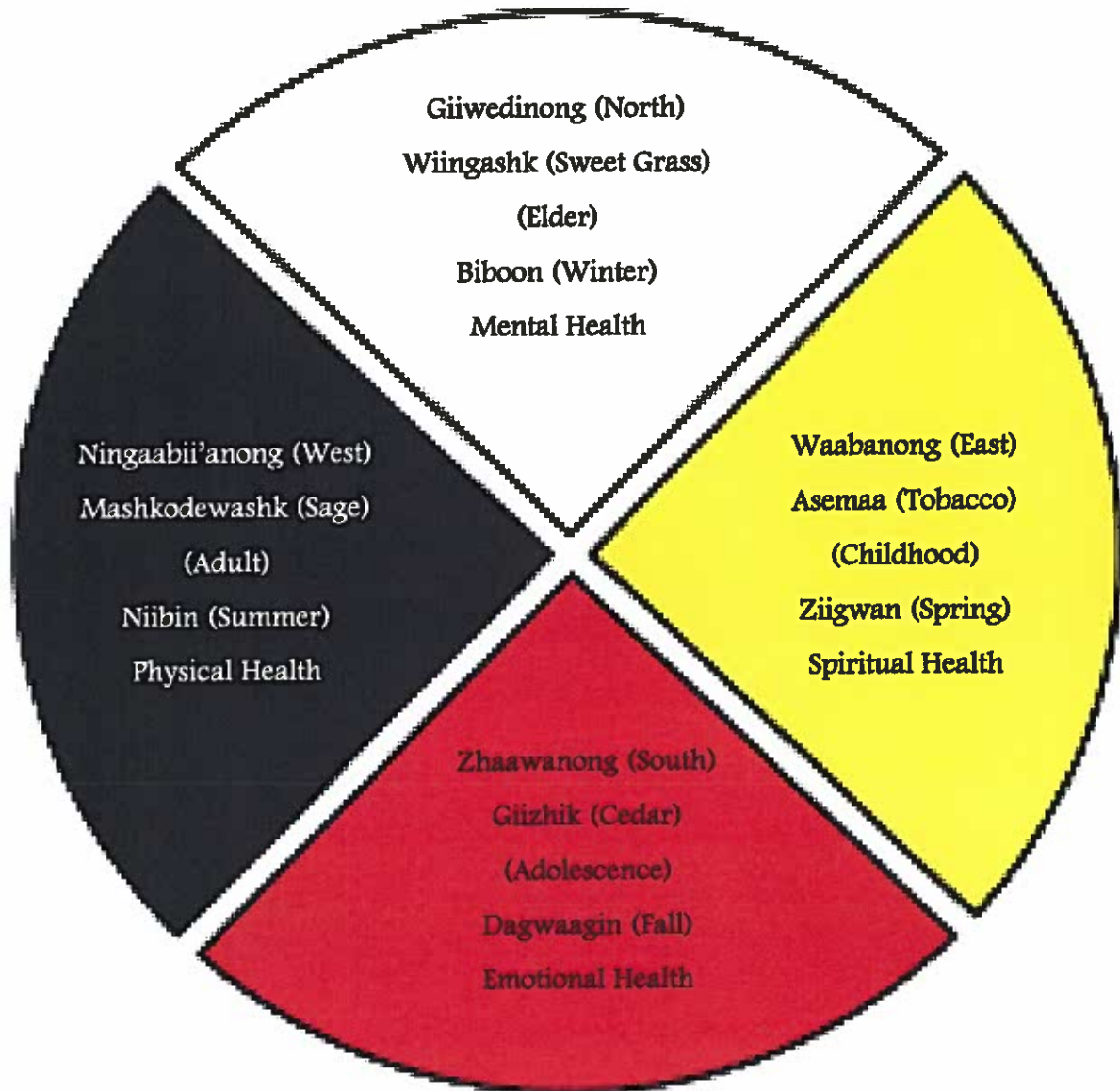
Did you know?

- ✓ 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.



Created for the Healthy CHANGE COALITION
by Chequamegon Food Co-op. Questions?
Contact outreach@cheqfood.coop.

Manidoo-Giizisoons (Little Spirit Moon)



<u>Ningaabii anong (West)</u>	<u>Zhaawanong (South)</u>	<u>Giiwedinong (North)</u>	<u>Waabanong (East)</u>
<ul style="list-style-type: none"> • Mashkodewashk (Sage) • (Adult) • Niibin (Summer) • Physical Health • Black 	<ul style="list-style-type: none"> • Giizhik (Cedar) • (Adolescence) • Dagwaagin (Fall) • Emotional Health • Red 	<ul style="list-style-type: none"> • Wiingashk (Sweet Grass) • (Elder) • Biboon (Winter) • Mental Health • White 	<ul style="list-style-type: none"> • Asemaa (Tobacco) • (Childhood) • Ziigwan (Spring) • Spiritual Health • Yellow

PARENTING | THE | PRESCHOOLER

Because kids don't come with an instruction manual

Family Stress

fyi.uwex.edu/parentingthepreschooler/

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.



Photograph by Paula Cartwright

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.



Back page photographs by Paula Cartwright

UW-Extension Family Living Programs

"Raising Kids, Eating Right, Spending Smart, Living Well"



University of Wisconsin-Extension

[Link To References](#)

711 for Wisconsin Relay
(TDD)

For more information, please contact your county UW-Extension office:

UW-Extension Family Living Programs
Bayfield County Courthouse,
PO Box 218 ~ Washburn, WI 54891
715- 373-6104, ext. 252 ~
liz.lexau@ces.uwex.edu

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MONEY \$MART

in Head Start 

Issue 3



In This Issue

- Free Ways to File
- File Early
- Using Your Refund
- For More Information
- To \$um It Up

If you did not receive an Economic Impact Payment (EIP) from the IRS during 2020, be sure to file your taxes for 2020 to see if you are eligible for this tax credit.

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!



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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/eitc

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.

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

To Sum 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!

"Money Smart in Head Start" is provided by UW-Extension Family Living as part of the Head Start Financial Capability Project funded through the Annie E. Casey Foundation and reviewed by Peggy Olive, Financial Capability Specialist, UW-Madison/Extension. Authored by Sandy Liang, Family Living Educator, Waupaca County, University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. Copyright © 2015 by the Board of Regents of the University of Wisconsin System doing business as the division of Cooperative Extension of the University of Wisconsin-Extension. All rights reserved. An EEO/Affirmative Action employer, the University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.



December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Eat A Red Apple Day!	2 Read a new book every week to celebrate Read A New Book Month!	3 National Roof Over Your Head Day! Draw a picture of your house!	4 National Sock Day- Sort your socks by size!	5 Bathtub Party Day! Read a Bath Book!
6 Put On Your Own Shoes Day!	7 National Letter Writing Day- Write a letter to a friend!	8 National Brownie Day- Make Brownies together!	9 Christmas Card Day	10 Hanukkah Begins!	11 Make your own sled! (See Activity)	12 National Poinsetta Day!
13 National Ice Cream Day!	14 International Monkey Day! Read a book with a monkey in it!	15 Pick one crayon out of the box, and look for items that are that color!	16 National Chocolate Covered Anything Day!	17 National Maple Syrup Day!	18 Bake Cookies Day- Bake Cookies together to celebrate!	19 How many words can you think of that rhyme with "snow"
20 Go Caroling Day! Sing your favorite holiday songs together!	21 Winter Begins! Crossword Puzzle Day!	22 Make your own snow together! (See Activity)	23 Practice writing your name in the snow!	24 Christmas Eve- Read the story "Twas The Night Before Christmas"	25 Christmas Day!	26 Kwanzaa Begins!
27 Make Cut Out Snowflakes Day!	28 National Card Playing Day! Play a card game together!	29 How many words can you and your child come up with that start with the letter "c."	30 Discuss what was your favorite book you read this year and read it together!	31 New Year's Eve! Discuss your favorite 2020 memories!	Read A New Book Month!	



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



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!



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



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



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	Type 2 Worker
Eligible Participants	<p>Workers who are personally affected by opioid misuse or other substance use disorder.</p> <p>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.</p>	<p>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.</p> <p>This includes individuals who need new or upgraded skills to better serve struggling or at-risk individuals.</p>
Skills Training	<ul style="list-style-type: none">• Skills training in opioid recovery and health-related professions.• Skills training for in-demand occupations.	<ul style="list-style-type: none">• Skills training in opioid recovery and health-related professions
Other Requirements	<p>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).</p> <p>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.</p>	

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.



Red Cliff Early Childhood Center Job Opening

December 2020



Current opening at the Red Cliff ECC - If interested please go to the Red Cliff Tribal website and down load 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

NITAM ANOKII-GIIZHIGAD

NIIZHOO-GIIZHIGAD

AABITOOSE

NIITO-GIIZHIGAD

NAANO-GIIZHIGAD

CLASSES RESUME JANUARY 4TH 2021

1B PANCAKE, BLUEBER-
RIES, TRKY BACON
L KIELBASA, BABY REDS
MANGO, CC
S YGT/APPLES

2B HBOATS, BANANA,
WG TOAST, PB
L CHIX SANDW, FRIES,
CARROTS, PEARS
S TEDDY GR BANANA
RACE CAR

3B KIX, PEACHES, MUF-
FIN, YGT
L HAMB WG NOODLE SP,
TR FRUIT, CHEEZ SNDW
S ORANGE/TRISCUITS

4B OATMEAL, RASPB-
RIES, WG TOAST, PB
L HAM SNDW, WG CHIP,
CC, PINEAPPLE, BROCCOLI
S CUCUMBER/HUMMUS

8B WG FR TOAST STIX,
PEARS, CC
L RAVIOLI/SAUCE,
CORN, HNYDEW,
S APPLE/ST CHEESE

9B LIFE, MUFFIN, OR-
ANGE, YGT
L HAM PT SP, WG BR STIX
PEAS, PINEAPPLE
S REINDEER GR/ JUICE

10B CORN CHEX, BANA-
NA, YGT
L BEEF STIR FRY, BR RICE
STIR FRY, MANGO
S CARROTS/HUMMUS

11B EGG, WG TOAST, PB
APPLE
L CHIX NUGGETS, FRIES,
MIX VEG, PEARS
S PEACHES/GOLDFISH
GR

MENUS SUBJECT TO CHANGE

15B MALOT MEAL, BA-
NANA, TRK BACON
L CHIX WR SP, WG BR
STIX, PEACHES, CC
S CHEESE ITS/
CUCUMBER

16B RICE CRISPIES, AP-
PLE, YGT, MUFFIN WG
L HAM/SCALLOP PT,
PEAS, PINEAPPLE, CC
S GRINCH SNACK/TR MIX

17B CHEERIOS, STRAW-
BERRIES, CC
L FISH NUGGET, FRIES,
SLAW, PEACHES
S CC/PEARS

18B EGG CH BAGEL WG,
ORANGE, YGT
L PIZZA, CORN, TR
FRUIT, CC
S APPLE/STR CHEESE

ALL MEALS SERVED WITH MILK

ECC CLOSED
HOLIDAY
BREAK

ECC CLOSED
HOLIDAY
BREAK

ECC CLOSED
HOLIDAY
BREAK

ECC CLOSED
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