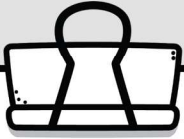




Lexington Creative Start NEWSLETTER



Upcoming EVENTS

- 11/4/24 2:15 Extended day early release
- 11/6/24 Policy Council 10:00 am
- 11/11/24 No School Veterans day
- 11/15/24 Family Engagement Event
- 11/20/24 2:15 Open Air Market
- 11/17/24 1:15-2:15 Parent Meeting
- 11/25/24 8:30 Parent Workshop
- 11/28/24 No school Holiday
- 11/29/24 No school Holiday

Reminders

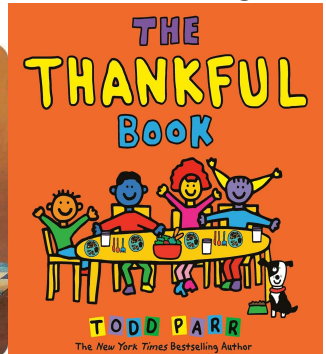
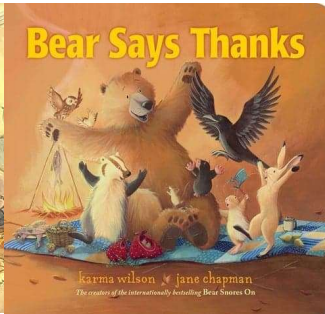
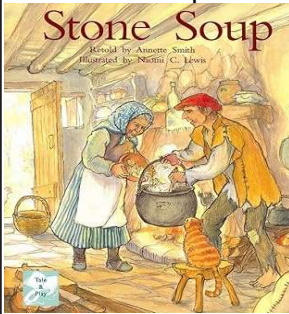
11/6/2024 10:00 am
Policy Council meeting
at CUI central office
4 Militia Drive Lexington
Everyone is welcome to attend!
Please remember to dress the children for the chilly season!

NOVEMBER

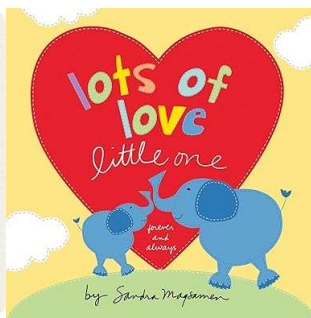
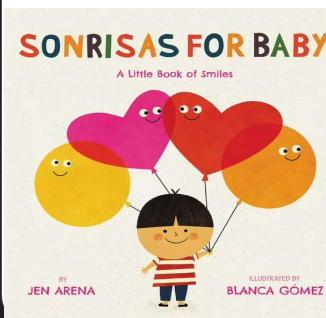
OUR LEARNING focus...



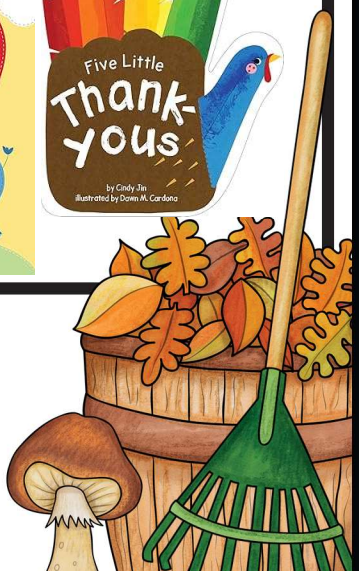
In classroom 1 the preschool 's theme this month is friends and family and talking about what we are thankful for. We are excited for all the fun things we have planned this month.



In classroom 2 our toddlers theme is family and friends. We have also set up a dental office in our dramatic play!



CONTACT INFO



© Kim Miller



Lisa Higgins-Smith, Director



Lisahiggins-smith@communities
unitedinc.org



781-462-3854

NEWSLETTER!

Lexington Page 2

Family Engagement

November 15, 2024

Stone Soup Family Event

Each child will bring in a vegetable for our soup. If you would like you may bring in a vegetable on 11/14/24 at drop off. We will also have a fresh market table set up where children can choose a vegetable to bring in. We will all eat the soup together at noon time on November 15, 2024. We would love to have parents come in and have lunch and a story with us!

MARK YOUR CALENDAR: OPEN AIR MARKET

November 20, 2024 Please stop by the front table to pick up a grocery bag full of fresh fruits and vegetables. You can also pick up toiletries and other essentials as well.

Parent meeting

November 21, 2024 1:15-2:15

We loved having so many parents join us last month! All parents are welcome to attend! We are hoping to have more parents join us this month. Please come and learn about all the things happening at your child's school.

Social Emotional Learning with Ms. Lisa

Baby doll groups this month will continue to Through interacting with the baby dolls and teachers, the toddlers are learning about and engaging in connection-building, self-soothing, and emotional reciprocity.

Second Step groups this month are learning about feelings. We will learn what it means to feel happy, sad, surprised, and scared. We will learn how to identify and express those emotions.

Parent Workshop November 25, 2024 8:30 am

After drop off come to the parents workshop to learn about strategies you can use with your child and connect with other parents. Offers simple, proven parenting strategies for families of children 2-5 years' old





National Sandwich Day

November 3rd is National Sandwich Day! Sandwiches are a simple meal solution with no cooking required.

Choose nutritious components to create a balanced meal!

Start with a Hearty Base

Choose a whole-grain bread option to start.

Ex. 100% whole wheat or multigrain bread, pita, tortilla wrap, naan, english muffin, or rye bread.

Fill it with FIBER!

Make the bulk of your sandwich vegetables. Try different combinations using: Avocado, beans, peppers, cabbage, carrots, cucumbers, greens, onions, mushrooms, tomatoes, or even fruit.

Pick the Protein:

Aim for low-sodium and lean protein options.

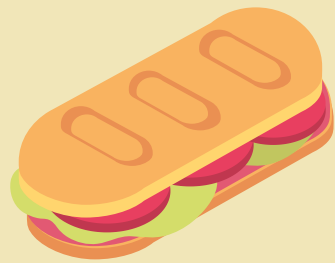
Ex. Lean beef/chicken/turkey, tuna, salmon, shrimp, beans, lentils, tofu, eggs, nut butters.

Dress it Up!

Give your sandwich extra flavor!

Ex. Add a drizzle of balsamic vinaigrette or olive oil, add mayonaise/hummus/sour cream, or salsa.

Think of a sandwich as a salad wrapped in bread! Include lots of vegetables and fresh produce, add protein as a topping, and go light on the dressing and added sauces.





Día Nacional del Sándwich

Los sándwiches son una solución de comida sencilla que no requiere cocción.

¡Asegúrese de incluir los componentes adecuados para garantizar una comida equilibrada!

Comience con una base abundante

Elija una opción de pan integral para comenzar.

Ex. Pan 100% integral o multigrano, pita, wrap de tortilla, naan, muffin inglés o pan de centeno.

¡Llénelo de FIBRA!

Haz la mayor parte de tu sándwich. Pruebe diferentes combinaciones usando: aguacate, frijoles, pimientos, repollo, zanahorias, pepinos, frutas, verduras, cebollas, champiñones, tomates y otras verduras.

Elija la proteína:

Apunte a opciones bajas en sodio y proteínas magras.

Ex. Carne magra/pollo/pavo, atún, salmón, camarones, frijoles, lentejas, tofu, huevos, mantequillas de nueces.

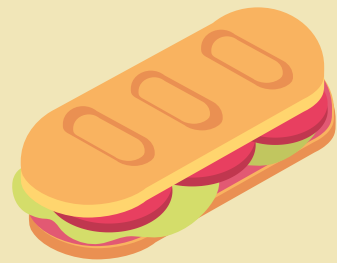
¡Vístelo!



¡Dale un extra de sabor a tu sándwich!

Ex. Agregue un chorrito de vinagre balsámico o aceite de oliva, agregue mayonesa/hummus/crema agria o salsa.

¡Piense en un sándwich como una ensalada envuelta en pan!



Incluya muchas verduras y productos frescos, agregue proteínas como aderezo y evite los aderezos y las salsas agregadas.



November		2024		 	
		Breakfast MENU			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	28	29	30	31	1
BREAKFAST	WG Cereal & Fresh Fruit	WG Muffin /Fresh Fruit	WG French Toast Sticks & Apple Sauce	WG Bagel, jelly & Fresh Fruit	WG Pancakes w/ Syrup & Fresh Fruit
	4	5	6	7	8
BREAKFAST	WG Cereal & Fresh Fruit	WG Muffin /Fresh Fruit	WG Cereal & Fresh Fruit	WG Bagel, jelly & Fresh Fruit	WG croissant w/Jelly & Fresh Fruit
	11	12	13	14	15
BREAKFAST	Veteran's Day	WG Muffin /Fresh Fruit	WG French Toast Sticks & Apple Sauce	WG Bagel, jelly & Fresh Fruit	WG Pancakes w/ Syrup & Fresh Fruit
	18	19	20	21	22
BREAKFAST	WG Cereal & Fresh Fruit	WG Muffin /Fresh Fruit	WG Cereal & Fresh Fruit	WG Bagel, jelly & Fresh Fruit	WG croissant w/Jelly & Fresh Fruit
	25	26	27	28	29
BREAKFAST	WG Cereal & Fresh Fruit	WG Muffin /Fresh Fruit	WG Cereal & Fresh Fruit	Thanksgiving	

All meals meet the CACFP Breakfast Program guidelines - All breads, rolls, muffins are WG or WGE
Milk is served with both Breakfast. Based on age group Whole, 1%, Skim and Lactaid
Due to the disruption in the Global Supply Chain, Our menu is subject to change without notice.

Carrie Berglund R.D. 10/21/24


November		2024 ALLERGEN MENU				 	
	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1		
ALLERGEN	Hispanic Chicken w/ Yellow Rice	Cilantro Lime Chix w/ WG Rice	Grilled Chicken Salad GF roll	Grilled Chicken Salad with Dressing WG rice	Sweet & Sour Chicken w/ Brown Rice		
VEGETABLE	Bean Sauce W/ potatoes	Steamed carrots	Romaine in the salad	Fresh Steamed Broccoli	Green Beans		
FRUIT	Fresh Pears	Fresh Apples	Fresh Banana	Apple Slices	Fresh Oranges		
	4	5	6	7	8		
ALLERGEN	Chicken Teriyaki with (EF) WG Fried Rice	BBQ Pulled Chicken with WG Rice	WG Pasta with Meat Sauce	Asian Chicken W/Fried rice and black beans	Turkey Smashburger -GF roll		
VEGETABLE	Fresh Steamed Broccoli	BBQ Vegetarian Baked Beans	Rst Mediterranean Blend Vegetables	Gingered Broccoli	Sweet potato tots		
FRUIT	Fresh Pears	Fresh Apples	Fresh Banana	Apple Slices	Fresh Oranges		
	11	12	13	14	15		
ALLERGEN	Veteran's Day	BBQ Pulled Chicken with WG Roll	Chicken Taco with wg Mexican rice(corn tortilla)	Sweet & Sour Chicken w/ Brown Rice	Lentil Bolognese over WG pasta		
VEGETABLE		Green Beans	Vegetable medley	Seasoned Green Beans	Green Salad with dressing		
FRUIT		Fresh Apples	Fresh Banana	Apple Slices	Fresh Oranges		
	18	19	20	21	22		
ALLERGEN	BBQ Chicken with Dirty Rice	Chicken Cacciatore W/ Wg Rice	SWest Chicken Bowl - WG Rice, corn peppers	Shredded Jerk Chicken with WG Rice	Grilled Chix Sandwich on a WG roll		
VEGETABLE	Seasoned Carrots	Fresh Garlic Broccoli	Corn & Red peppers	Seasoned Pinto Beans	Mexicali Corn		
FRUIT	Fresh Pears	Fresh Apples	Fresh Banana	Apple Slices	Fresh Oranges		
	25	26	27	28	29		
ALLERGEN	Roasted Chix w br rice	Turkey Meat sauce w/gf Pasta	SWest Chicken Bowl - WG Rice,	ThanksGiving			
VEGETABLE	Seasoned Carrots	Fresh Garlic Broccoli	Corn & Red peppers				
FRUIT	Fresh Pears	Fresh Apples	Fresh Banana				
<p>All meals meet the CACFP Lunch & Breakfast Program guidelines - All breads, rice, pasta are WG/WGR Milk is served with both Breakfast and Lunch. Based on age group Whole, 1%, Skim and Lactaid Due to the disruption in the Global Supply Chain, Our menu is subject to change without notice.</p>							

Cami Beyler R.D. 10/24/24

November		2024		Redi-Pax FRESH FOODS	
VEGETARIAN MENU					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	28	29	30	31	1
VEGETARIAN	Bean & Cheese Burrito WG tortilla	Cilantro Lime Pinto Beans with red peppers	Greek Salad with Feta, Olives & Kidney beans - dressing WG roll	Hummus, Cheese & Veg Wrap	Sal's Famous Wg Sicilian Pizza
VEGETABLE	Seasoned Pinto Beans	Steamed carrots	Romaine in the salad	Fresh Steamed Broccoli	Oven baked fries with ketchup
FRUIT	Fresh Pears	Fresh Apples	Fresh Banana	Apple Slices	Fresh Oranges
	4	5	6	7	8
VEGETARIAN	Tofu Teriyaki over WG Fried Rice	White Bean & Vegetable Quinoa	Bean & Cheese Burrito WG tortilla	Asian Sesame WG Noodles with Black Beans and Tofu	Veggie Burger - Wg roll
VEGETABLE	Fresh Steamed Broccoli	BBQ Vegetarian Baked Beans	Rst Mediterranean Blend Vegetables	Seasoned Green Beans	Oven Baked Fries
FRUIT	Fresh Pears	Fresh Apples	Fresh Banana	Apple Slices	Fresh Oranges
	11	12	13	14	15
VEGETARIAN	Veteran's Day	Farro with Feta, Kidney Beans, tomato	SWest Veggie Bowl - WG Rice, blk beans corn peppers, cheese & salsa	Sweet & Sour Tofu w/ Brown Rice	Sal's Famous Wg Sicilian Pizza
VEGETABLE		Green Beans	Corn & Red peppers	Fresh Garlic Broccoli	Sweet potato tots
FRUIT		Fresh Apples	Fresh Banana	Apple Slices	Fresh Oranges
	18	19	20	21	22
VEGETARIAN	BBQ Pinto Beans with red peppers & WG Rice	White Bean & Vegetable Quinoa	Bean & Cheese Burrito WG tortilla	Baked Potato & Cheese	Veggie Burger - Wg roll
VEGETABLE	Steamed Carrots	Fresh Garlic Broccoli	Mexicali Corn	Fresh Broccoli	Oven Baked Fries
FRUIT	Fresh Pears	Fresh Apples	Fresh Banana	Apple Slices	Fresh Oranges
	25	26	27	28	29
VEGETARIAN	WG Lasagna W/ cheese	Vegetarian Dumplings W/ brown rice	Mexican Lasgana	Thanksgiving	
VEGETABLE	Seasoned Carrots	Fresh Garlic Broccoli	Mexicali Corn		
FRUIT	Fresh Pears	Fresh Apples	Fresh Banana		

All meals meet the CACFP Lunch & Breakfast Program guidelines - All breads, rice, pasta are WG/WGR
Milk is served with both Breakfast and Lunch. Based on age group Whole, 1%, Skim and Lactaid
Due to the disruption in the Global Supply Chain, Our menu is subject to change without notice.

Carin Bergh R.D. 10/29/24

November		2024		HOT LUNCH		 Redi-Pax <small>PROVIDING THE BEST SERVICE</small>	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	28	29	30	31	1		
ENTRÉE	Hispanic Chicken w/ Yellow Rice	Cilantro Lime chicken with Wg Rice	Chicken Caesar Salad with Wg roll Dressing	Breaded Chicken Chunks with Duck sauce & WG Rice	Sal's WG Pizza		
VEGETABLE	Seasoned Pinto beans	Steamed Carrots	Romaine & tomatoes	Fresh Seasoned Broccoli	Ovenbaked Fries with ketchup		
FRUIT	Fresh Pears	Fresh Apples	Fresh Banana	Chilled Pineapple Cup	Fresh Fruit		
	4	5	6	7	8		
ENTRÉE	Chicken Teri over WG Fried Rice	BBQ Pulled Chicken with WG Roll	Italian Meatballs with Spaghetti	Asian Sesame WG Noodles with Black Beans and	Smashburger - WG roll		
VEGETABLE	Fresh Steamed Broccoli	BBQ Vegetarian Baked Beans	Rst Mediterranean Blend Vegetables	Steamed Carrots	Oven Baked Fries		
FRUIT	Fresh Pears	Fresh Apples	Fresh Banana	Watermelon	Fresh Fruit		
	11	12	13	14	15		
ENTRÉE	Vetern's Day	Chicken parm with Pasta	Chicken Taco with WG Mexican rice	Sweet & Sour Chicken w/ Brown Rice	Sal's WG Pizza		
VEGETABLE		Green Beans	Mexican Spiced Black Beans	Fresh Garlic Broccoli	Oven Baked Fries		
FRUIT		Fresh Apples	Fresh Banana	Chilled Pineapple Cup	Fresh Fruit		
	18	19	20	21	22		
ENTRÉE	BBQ Chicken with Dirty Rice	Wg Pasta W/ Turkey meat sauce	Chicken & Cheese Quesadilla WG tortilla	Turkey Thai Meat Balls wg Noodles	Brd Chicken Breast Sandwich on WG roll		
VEGETABLE	Smokey BBQ Black Beans	Green Beans	Sweet Kernel Corn	Fresh Gingered Broccoli	Sweet potato Fries		
FRUIT	Fresh Pears	Fresh Apples	Fresh Banana	Fresh Fruit	Fresh Fruit		
	25	26	27	28	29		
ENTRÉE	WG Lasagna W/ cheese	Roast Turkey Dinner	Chicken, Rice & Cheddar Burrrito	Thanksgiving			
VEGETABLE	Seasoned Carrots	Mashed Potato & Peas	Pinto Beans				
FRUIT	Fresh Pears	Fresh Apples	Fresh Banana				
All meals meet the CACFP Lunch & Breakfast Program guidelines - All breads, rice, pasta are WG/WGR Milk is served with both Breakfast and Lunch. Based on age group Whole, 1%, Skim and Lactaid Due to the disruption in the Global Supply Chain, Our menu is subject to change without notice.							

Cami Berglund R.P. 10/29/24