



Lexington Creative Start 

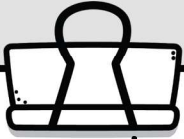
NEWSLETTER

Summer

OUR LEARNING

focus...

We will take advantage of the warm weather and have outdoor classrooms and lots of water play! In the toddler class our Books will be At the Beach, Swim Fish and Spot the animals. Please see the attached schedule for fun themes and activities throughout the summer!



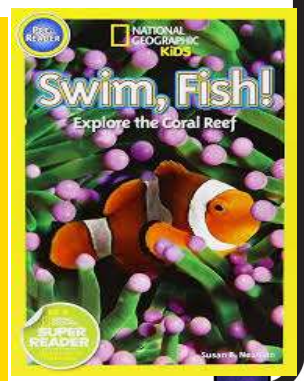
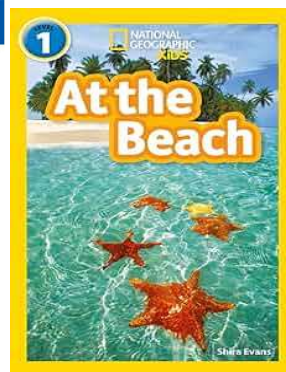
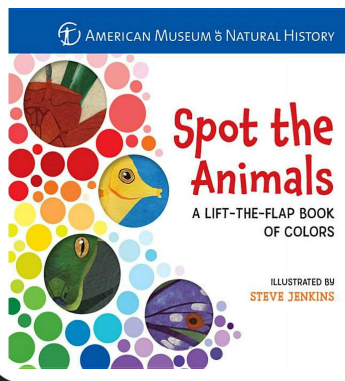
Reminders

Please remember to bring:
A bathing suit
A towel
An extra set of clothes.
Summer hat
water shoes
Water bottles
Please sunscreen before drop off

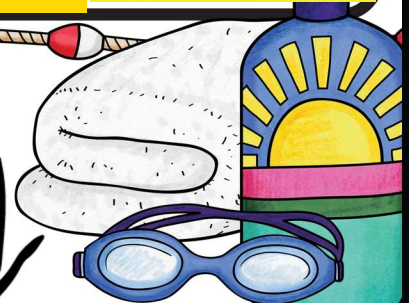
July 19-The last day of pre-school
August 16-Last day of the toddler class.

Reminders

All families will need a new enrollment packet completed for 24-25 school year. We will be in touch to schedule your families enrollment meeting over the summer



CONTACT INFO



© Kim Miller



Patriziabrancato@communitiesunitedinc.org



Lisahiggins-smith@communitiesunitedinc.org



(781) 462-3054



Week 1 7/8/24 Theme

Beach Ocean week

Thursday Fun Day

Teddy Bear Picnic

Fruit

Strawberries

Week 2 7/15/24 Theme

Sports Week

Thursday Fun Day

Dressed in favorite sport uniform/fan

Fruit

Blueberries

Week 3 7/22/24 Theme

Jungle Animals Week

Thursday Fun Day

Pajama Day

Fruit

Bananas

Week 4 7/29/24 Theme

Fairy Tale Week

Thursday Fun Day

Favorite Fairy Tale Character

Fruit

Oranges

Week 5 8/5/24 Theme

Habitats

Thursday Fun Day

Snow Cone Day

Fruit

Pineapple

Week 6 8/12 Theme

Silly Week

Thursday Fun Day

Wacky Hair Day

Fruit

Peaches



Outdoor Physical Activities for Preschoolers and Toddlers

Physical activity is an essential part of children’s overall health and well-being. Regular exercise has many health benefits such as reducing the risk of disease, improving sleep, boosting confidence, and building stronger muscles and bones. Kids who get consistent opportunities for physical activity form healthy habits that benefit them throughout their life. Here are some fun ways to help keep your children moving and enjoying the warm weather this summer:



☀ Musical Hide-and-Seek

A simple, engaging game is using your phone to play music and hiding it somewhere within their play space. The kids can then go on a hunt to find where the music is coming from. You can add additional fun and movement by dancing to the music with your child once they find it.

☀ Jump Over the River

To play this game, create a “river” using chalk, tape, or rope. You can create sections of varying widths to make it more challenging. Have the your child leap over the smallest portion of the river and slowly work up to the longest jump to challenge their balance and skills.

☀ Traffic Light

Begin by cutting three circles from colored paper – one red, one yellow and one green. Label the red circle “Stop,” the yellow circle “Slow” and the green circle “Go.” One person will pretend to be the traffic light and hold up one circle at a time. The children will move according to the chosen color. For an extra challenge vary the movements they do such as walking, skipping, or jumping.

☀ Animal Obstacle Course

Use chalk to create a path and mark off different sections. For each section, choose an animal and have your child move through that section how they think the different animals would.

Each of these games can also be modified for an indoor space on rainy days.

Actividades físicas al aire libre para niños en edad preescolar y niños pequeños

La actividad física es una parte esencial de la salud y el bienestar general de los niños. El ejercicio regular tiene muchos beneficios para la salud, como reducir el riesgo de enfermedades, mejorar el sueño, aumentar la confianza y desarrollar músculos y huesos más fuertes. Los niños que reciben oportunidades constantes de actividad física forman hábitos saludables que los benefician durante toda su vida. Aquí hay algunas formas divertidas de ayudar a que sus hijos sigan moviéndose y disfrutando del clima cálido este verano:



☀ El escondite musical

Un juego simple y atractivo es usar tu teléfono para reproducir música y esconderla en algún lugar dentro de su espacio de juego. Luego, los niños pueden salir a buscar de dónde viene la música. Puede agregar diversión y movimiento adicionales bailando con la música con su hijo una vez que la encuentre.

☀ Saltar sobre el río

Para jugar a este juego, crea un “río” con tiza, cinta adhesiva o cuerda. Puede crear secciones de diferentes anchos para hacerlo más desafiante. Haga que su hijo salte sobre la porción más pequeña del río y avance lentamente hasta el salto más largo para desafiar su equilibrio y sus habilidades.

☀ Semáforo

Comience cortando tres círculos de papel de colores - uno rojo, uno amarillo y otro verde. Etiquete el círculo rojo como “Parar”, el círculo amarillo como “Lento” y el círculo verde como “Continuar”. Una persona pretenderá ser el semáforo y levantará un círculo a la vez. Los niños se moverán según el color elegido. Para un desafío adicional, varíe los movimientos que realizan, como caminar, brincar o saltar.

☀ Carrera de obstáculos con animales

Usa tiza para crear un camino y marca diferentes secciones. Para cada sección, elija un animal y haga que su hijo avance por esa sección como cree que lo harían los diferentes animales.

Cada uno de estos juegos también se puede modificar para un espacio interior en días de lluvia.



July 2024 Summer Cold Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST ENTRÉE	Wg Cereal & Diced Pears Turkey & Cheese Wrap Lettuce, tomato & mayo Baby Carrots	WG Corn Muffin loaf /Fresh Fruit BBQ chicken & Cheddar Wrap Fresh Broccoli & Dip	WG Cereal w/ Apple sauce Chicken Salad Sandwich Lettuce & tomato Carrot Coins	WG Pancakes, Syrup & Fresh Fruit Chilled Pizza Garden Salad & Dressing	WG Pancakes, Syrup & Fresh Fruit Chilled Pizza Garden Salad & Dressing
Vegetarian	Refried Bean, Cheddar & Rice Wrap Baby Carrots	Mediterranean Orzo Salad Feta & Kidney Beans & Dinner Roll	Caesar Salad with Cantelli Beans & parmesan	Same meal	Same meal
BREAKFAST ENTRÉE	WG Cereal & 100% Juice Turkey & Cheese Wrap Lettuce, tomato & Mayo Fresh Broccoli & Dip	WG Muffin & Fresh Fruit Buffalo Chicken Hoagie Lettuce & Tomato Cucumber Wheels	WG Cereal w/ Apple sauce Chef Salad with Turkey & Cheese Dressing & Dinner roll	WG Bagel w/ Jelly & Fresh Fruit Chilled Greek Chicken Gryo Wrap Onion, tomato and cucumber yogurt Baby Carrots	WG Croissant & Fresh Fruit Tuna Salad Wrap Lettuce & tomato Zucchini Sticks Same Meal
Vegetarian	Southwest Corn & Black Bean Salad Wg roll	Rainbow Veggie Wrap with Hummus	Chef Salad with Cheese & HB Egg	Greek Salad Wrap with Feta & Chic Peas	Same Meal
BREAKFAST ENTRÉE	WG Cereal & Diced Pineapple Chicken Burrito Cheddar & Rice Season Pinto beans	WG Blueberry muffin/Fresh Fruit Korean BBQ Chicken wrap Shredded lettuce & pickled veggies Fresh Broccoli & Dip	WG Cereal w/ Apple sauce Chicken Caesar Salad Dinner roll & Dressing	WG Bagel w/ Jelly & Fresh Fruit Turkey & Cheese Sandwich Lettuce, tomato & Mayo Cucumber Wheels	WG Pancakes, Syrup & Fresh Fruit Italian Hoagie Lettuce, Tomato & Pickles Carrot sticks
Vegetarian	Refried Bean, Cheddar & Rice Wrap	Mediterranean Orzo Salad Feta & Kidney Beans & Dinner Roll	Caesar Salad with Canelli Beans & parmesan	Hummus & Veggie Crudite Pita Bread	Rice Noodle Wrap with Veggies Crispy Tofu
BREAKFAST ENTRÉE	Wg Cereal & 100% Juice Turkey & Cheese Sandwich Lettuce & Tomato Cucumber Wheels	Wg Banana Muffin w/Fresh Fruit All American Hoagie Lettuce and tomato baby carrots & dip	WG Cereal w/ Apple sauce Mixed Green Salad Grilled Chicken, Roll & Dressing	WG Bagel w/ Jelly & Fresh Fruit Chilled Greek Chicken Gryo Wrap Onion, tomato and cucumber yogurt	WG Pancakes, Syrup & Fresh Fruit Buffalo Chicken Hoagie Lettuce & Tomato Cucumber Wheels
Vegetarian	Southwest Corn & Black Bean Salad Dinner Roll	Rainbow Veggie Wrap with Hummus	Mixed Green Salad with Kidney Beans & Cheddar	Greek Salad Wrap with Feta & Chic Peas	Tuna Salad Wrap Lettuce & tomato



Due to the disruption in the Global Supply Chain, Our menu is subject to change without notice.
All meals meet the USDA SLP guidelines - All breads, rice, pasta and snacks are WGMWR
All meals served with vegetable and fresh fruit, Cupped fruit or 100% Juice
Milk is served with Lunch. Based on age group Whole, 1%, Skim and Lactaid

Allergen: soy, fish, shellfish, egg, dairy, peanut, tree nut, & sesame. GF available upon request

Cavin Berglund R.D. 6/16/24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST ENTRÉE VEGETARIAN ALLERGEN VEGETABLE FRUIT	Wg Cereal & Chilled Peaches Chicken Fajita with Brown Rice Vegetable & Cheese Fajita with WG tortilla & Brown Chicken Fajita with Brown Rice Mexican Pinto Beans Fresh Fruit	WG Muffin /Fresh Fruit Brd Chicken Nuggets with WG Confetti Vegetarian Dumplings with WG Confetti BBQ Chicken w/WG Confetti Rice Fresh Steamed broccoli Fresh Apple	WG French Toast stick w/ Apple sauce WG Pasta with Meat sauce GF Pasta with Meat sauce Fresh Carrot coins Fresh Banana	Happy ★ ★ 4th of ★ ★ July ★	WG Pancakes, Syrup & Fresh Fruit WG Sat's Pizza same Roast Turkey with Brown Rice Roasted Sweet Potato Fresh Pear
BREAKFAST ENTRÉE VEGETARIAN ALLERGEN VEGETABLE FRUIT	WG Cereal & Diced Peaches Chicken Teri over WG Fried Rice (EF) Tofu Teri with WG fried rice (EF) Same Fresh Steamed Broccoli Fresh Fruit	WG Apple Cln Muffin /Fresh Fruit BBQ Pulled Chicken with WG Roll Refried Bean, Cheddar burrito WG BBQ Pulled Chicken with Brown Rice Southwestern Kernel Corn & red pepper Fresh Apple	WG French Toast stick w/ Apple sauce Mediterranean Chicken with WG Ancient WG Farro with Feta, Kidney Beans, Same Rst Italian Blend Vegetables Watermelon	WG Bagel w/ Jelly & Fresh Fruit Asian Sesame WG Noodles with Black Asian Sesame WG Noodles with Black Asian WG Noodles with Black Beans & Seasoned Green Beans Fresh Banana	WG Croissant & Fresh Fruit Smash Burger - WG roll Veggie Burger - Wg roll Turkey/Smash Burger - WG roll Sweet potato fries Chilled Pineapple
BREAKFAST ENTRÉE VEGETARIAN ALLERGEN VEGETABLE FRUIT	WG Cereal & Diced Pineapple BBQ Chicken with WG Dirty Rice Vegetable & cheese Fritta - WG Rice Same Seasoned pinto Beans Fresh Fruit	WG Blueberry muffin/Fresh Fruit Chicken parm with Italian style rice White Bean & Vegetable Couscous Gr Chicken with GF Pasta Fresh Carrot coins Fresh Apple	WG French Toast stick w/ Apple sauce Chicken Taco with WG Mexican rice Bean & Cheese Burrito (EF)WG Tortilla Same Mexicali corn Watermelon	WG Bagel w/ Jelly & Fresh Fruit Turkey Thai meatballs w/Rice noodles Thai Veggie meatballs w/Rice noodles Turkey Thai meatballs w/ Rice noodles Fresh gingered broccoli Fresh Banana	WG Pancakes, Syrup & Fresh Fruit Homestyle Lasagna with Cheese Homestyle Lasagna with Cheese GR Pasta with meat sauce Italian Green Beans Chilled Pineapple
BREAKFAST ENTRÉE VEGETARIAN ALLERGEN VEGETABLE FRUIT	Wg Cereal & Diced Peas Chicken Sandwich W/ WG roll Veggie Burger-Wg roll Grilled Chicken Sandwich/ Wg roll Sweet potato Fries Fresh Fruit	WG Banana Muffin w/Fresh Fruit Asian Basil Chicken with Rice Hoisin Tofu & Black Bean Stir Fry Chicken Str with Br Rice Fresh Broccoli Fresh Apple	WG French Toast stick w/ Apple sauce Chicken & Cheese Quesadilla Cheese & Veg quesadilla Chicken & rice burrito on corn tortilla Sweet Kernel Corn Watermelon	WG Bagel w/ Jelly & Fresh Fruit Baked Mac & Cheese same GF pasta with meat sauce Seasoned White Cannell Beans Fresh Banana	WG Pancakes, Syrup & Fresh Fruit Sat's Famous Wg Sicilian Pizza same Sweet & Sour Chicken w/ Brown Rice Oven Baked Fries w/ pizza Chilled Pineapple
BREAKFAST ENTRÉE VEGETARIAN ALLERGEN VEGETABLE FRUIT	Corn Flakes & Fresh Fruit Brd Chicken Breast Sandwich WG roll Mexican lasagna with Cheddar WG tortilla Chix Fajita, WG rice, onions & peppers Mexicali Corn Fresh Apple	Wheat Bagel, jelly & Fresh Fruit Cilantro Lime Chix w/ WG Rice Cilantro Lime Pinto Beans with red Cilantro Lime Chix w/ WG Rice Steamed Carrots Mandarin Oranges	WG Cereal Bar & Mango Chicken Caesar Salad with tomato Greek Salad with Feta, Olives & Grilled Chicken Salad WG roll Fresh Broccoli Banana	Cheerios & Apple Sauce Breaded Chicken Chunks with Greek Salad with chic peas Grilled Chicken Salad with Dressing Cucumber Slices Fresh Malon	WG Banana Loaf & Pineapple Sat's Famous Wg Sicilian Pizza Sat's Famous Wg Sicilian Pizza Sweet & Sour Chicken w/ Brown Rice Oven Baked Fried w/ pizza Chilled Pineapple

Due to the disruption in the Global Supply Chain, Our menu is subject to change without notice.

All meals meet the CACFP guidelines - All breads, rice, pasta and snacks are WG/WGR

Baby Carrots, Raisin & juice will not be served to pre-school children

these will be substituted with CACFP approved snack

Milk is served with both Breakfast and Lunch. Based on age group Whole, 1%, Skim and Lactaid

Abbreviations: Cx - crackers, BRD - breaded, RST - roasted, WG whole grain, EF - egg free, Sand = Sandwich, Chez = Cheese, LF = Low Fat

Carina Berglund R.D. 6/26/24