



## March Newsletter

Happy March! I can't believe how fast this year is going! We are ready for spring and some sunshine 😊

All our babies are doing so well! They are exploring so much and getting more curious by the minute. Most of our babies have been practicing using sippy water cups with their meals and are doing great!

When your baby turns 1, we offer mixing their formula/breastmilk with whole milk. This helps them with the transition to whole milk. We also start to transition from bottles to a sippy cup after a year as well. Thank you for practicing at home too. This helps the transition go even smoother.

Also, when your baby turns 1 feel free to bring in a blanket for nap time, we will send it home on the weekend to be washed. Please bring your child in with shoes, it helps with walking.

### Happy Birthday

Mila 3/21

Aiden 3/21

Elinor 3/21

### Reminders:

-Please remember to provide several changes of clothes in your child's diaper bag.

-Please remember to provide a daily lunch for your baby. We provide AM and PM

snack. Please provide a vegetable, fruit, and a dairy along with a protein (having a lunch box with an ice pack helps when storing their food).

-If your baby is sick please keep them home to prevent the germs from spreading.

Picture re-takes is on Thursday March 2<sup>nd</sup>

-St Patrick's Day is on Friday March 17<sup>th</sup> please wear green

-Day light savings time: Sunday March 12<sup>th</sup> ~spring ahead

-First day of spring: Monday March 20<sup>th</sup>

-Current family registration will be sent out on Thursday, March 9<sup>th</sup> and due back by Friday, March 17<sup>th</sup>

If you have any questions or concerns, please do not hesitate to ask us. Feel free to email me or send a message through ProCare. We are here to help!

Email: [CountrydawnLisa@gmail.com](mailto:CountrydawnLisa@gmail.com)

Lisa, Donah, Vita, Jasmin



# March Menu

## 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>27</b> <b>Country Dawn Lunches</b> All Week - Sovnut & Jam M - Grilled Cheese T - Tuna W - English Muffin Pizzas Th - Turkey & Cheese F - Quesadillas	<b>28</b> All breakfasts are served with water and milk. Cheerios are also served as a breakfast option each day. Water is served with all snacks, unless posted otherwise. * 30 months and under	<b>01</b> Breakfast: Oatmeal & apple slices AM: Rice cakes with pears PM: Bean and cheese tortillas with olives	<b>02</b> Breakfast: Cinnamon toast & mixed berries AM: Breadsticks with cauliflower, tomato slices, ranch (* only tomato) PM: Orange slices with popcorn (* crackers)	<b>03</b> Breakfast: Assorted cereals & kiwi AM: String cheese with roasted potatoes PM: Vanilla pudding with bananas
<b>06</b> Breakfast: Assorted cereals & pears AM: Green beans with Saltine crackers PM: Soy butter and jam sandwiches & milk	<b>07</b> Breakfast: English muffins with strawberry jam or soy butter & mandarin oranges AM: Fig newtons with grapes (* pineapple) PM: Pretzels, carrots, celery (* cucumbers)	<b>08</b> Breakfast: Bagels with cream cheese & apple slices AM: Roasted cauliflower with Better Cheddar crackers PM: Boiled eggs with peas	<b>09</b> Breakfast: Breakfast burritos with ham, cheese, salsa & pineapple AM: Goldfish crackers with cucumbers, bell peppers PM: Ginger Snaps with cantaloupe	<b>10</b> Breakfast: Assorted cereals & applesauce AM: Mini bagels with cream cheese, bananas PM: Wheat Thin crackers with carrots (* bell peppers),
<b>13</b> Breakfast: Assorted cereals & grapes (* pineapple) AM: Graham crackers with mandarin oranges PM: Rice cakes with yogurt	<b>14</b> Breakfast: Oatmeal & blueberries AM: Turkey cubes with Ritz crackers PM: Apple slices, cheese cubes (* grated cheese)	<b>15</b> Breakfast: Biscuits with sausage gravy & pears AM: Cauliflower, broccoli (* roasted) with ranch, bread PM: Pita bread with hummus, snap peas	<b>16</b> Breakfast: Waffles with strawberries & whip cream AM: Cinnamon tortillas with applesauce PM: Popcorn with grapes (* crackers with pears)	<b>17</b> Breakfast: Assorted cereals & bananas AM: Tomato slices, zucchini with Saltine crackers PM: Tuna sandwiches with pickles
<b>20</b> Breakfast: Assorted cereals & mandarin oranges AM: Wheat Thin crackers with cucumbers PM: Cheesy bread with peas	<b>21</b> Breakfast: Scrambled eggs with ham and cheese & bananas AM: String cheese with goldfish crackers PM: Pineapple with graham crackers	<b>22</b> Breakfast: Pancakes & orange slices AM: Pretzels with green beans PM: Boiled eggs with Triscuit crackers	<b>23</b> Breakfast: Croissants with strawberry jam & cantaloupe AM: Ritz crackers with roasted broccoli PM: Teddy grahams with mandarin oranges	<b>24</b> Breakfast: Assorted cereals & strawberries AM: Vanilla wafers with bananas PM: Ham and cream cheese rolls with snap peas
<b>27</b> Breakfast: Assorted cereals & bananas AM: Goldfish crackers with bell peppers, zucchini PM: Carrots and cheese cubes (* sliced cheese & cucumbers)	<b>28</b> Breakfast: French toast & peaches AM: Celery, broccoli (* roasted), hummus, pita bread PM: Vanilla yogurt with mixed berries	<b>29</b> Breakfast: Oatmeal & apple slices AM: Rice cakes with pears	<b>30</b> Breakfast: Cinnamon toast & mixed berries AM: Breadsticks with cauliflower, tomato slices, ranch (* only tomato) PM: Orange slices with popcorn (* crackers)	<b>31</b> Breakfast: Assorted cereals & kiwi AM: String cheese with roasted potatoes PM: Vanilla pudding with bananas

# Saturday Night Care

March 11th

4:00 – 10:30

Dinner is provided around 6:00pm

Bring PJ's if you'd like us to change them and a blanket for movie time

\$20 cash deposit required per family to sign up pay the balance in cash when you pick up at the end of the night

1 child - \$10.00 per hour - 2 children- \$15. 00 per hour - 3 children - \$20.00 per hour



MARCH

