

## July Newsletter

Welcome summer! Let's hope for the good weather to continue we only have a few months to enjoy it!

Our kiddos are doing awesome with our schedule. We are working on only offering one nap a day. When they move up in September, to their next classroom, they only do one nap a day. Please make sure that you are working with them using sippy cups. We practice using cups here for each meal, to help them get ready.

### July Birthdays! Declan 7/22



#### Reminders:

- Closed Tuesday, July 4<sup>th</sup>
  - Please let us know when your child will be absent
  - Please provide shoes everyday & a sweatshirt in case the weather is a little chilly
  - Our one-year olds are more than welcome to bring a blanket for nap time, each Friday we will send it home to be washed
  - Ms. Lisa will be gone 7/5 and 7/10 - 7/11
  - Ms. Vita will be gone 7/17-7/21
  - Any questions or comments please do not hesitate to ask
  - You can reach me through my email or procure
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- Saturday Night Care July 8<sup>th</sup> please sign up at the front desk with a \$20 deposit children must be at least 1 year old
  - July 20<sup>th</sup> Picnic Lunch ( We provide lunch that day)

Lisa, Vita, Jasmin and Bella

Teacher Email: [countrydawnlisa@gmail.com](mailto:countrydawnlisa@gmail.com)



# July Menu

# 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>03</b> Breakfast: Assorted cereals &amp; pineapple AM: Graham crackers with mandarin oranges</p> <p>PM: Tuna sandwiches with pickles</p> <p><b>10</b> Breakfast: Assorted cereals &amp; mandarin oranges AM: String cheese with goldfish crackers PM: Cheesy bread with peas</p> <p><b>17</b> Breakfast: Assorted cereals &amp; peaches AM: Rice cakes with pears</p> <p>PM: Bean and cheese tortillas with olives</p> <p><b>24</b> Breakfast: Assorted cereals &amp; peas AM: Green beans with Saltine crackers PM: Soy butter and jam sandwiches with peas</p> <p><b>31</b> Breakfast: Assorted cereals &amp; pineapple AM: Graham crackers with mandarin oranges PM: Tuna sandwiches with pickles</p>	<p><b>04</b> <b>Country Dawn</b> <b>Closed for Independence Day</b></p> <p><b>11</b> Breakfast: Scrambled eggs with ham and cheese &amp; bananas AM: Wheat Thin crackers with cucumbers PM: Pineapple with graham crackers</p> <p><b>18</b> Breakfast: French toast &amp; bananas AM: Breadsticks with cauliflower, tomato slices, ranch (* only tomato) PM: Vanilla yogurt with mixed berries</p> <p><b>25</b> Breakfast: English muffins with strawberry jam or soy butter &amp; mandarin oranges AM: Fig newtons with grapes (* pineapple) PM: Pretzels, carrots, celery (* cucumbers)</p> <p><b>01</b></p>	<p><b>05</b> Breakfast: Assorted cereals &amp; pineapple AM: Tomato slices, zucchini with Saltine crackers PM: Pita bread with hummus, snap peas <b>12</b> Breakfast: Pancakes &amp; orange slices AM: Pretzels with green beans PM: Cheese cubes with Triscuit crackers (* grated cheese and Ritz crackers)</p> <p><b>19</b> Breakfast: Oatmeal &amp; apple slices AM: Goldfish crackers with bell peppers, zucchini PM: Carrots and cheese cubes (* sliced cheese &amp; cucumbers)</p> <p><b>26</b> Breakfast: Bagels with cream cheese &amp; apple slices AM: Roasted cauliflower with Ritz crackers PM: Peas with cheese cubes (* grated cheese)</p>	<p><b>06</b> Breakfast: Waffles with strawberries &amp; whip cream AM: Cinnamon tortillas with applesauce PM: Popcorn with grapes (* crackers with pears) <b>13</b> Breakfast: Croissants with strawberry jam &amp; cantaloupe AM: Ritz crackers with roasted broccoli PM: Teddy grahams with mandarin oranges</p> <p><b>20</b> Breakfast: Cinnamon toast &amp; mixed berries AM: Celery, broccoli (* roasted), hummus, pita bread PM: Orange slices with popcorn (* crackers)</p> <p><b>27</b> Breakfast: Breakfast burritos with ham, cheese &amp; pineapple AM: Goldfish crackers with cucumbers, bell peppers PM: Vanilla wafers with cantaloupe</p>	<p><b>07</b> Breakfast: Assorted cereals &amp; bananas AM: Cauliflower, broccoli (* roasted) with ranch, bread sticks PM: Rice cakes with yogurt</p> <p><b>14</b> Breakfast: Assorted cereals &amp; strawberries AM: Vanilla wafers with bananas PM: Pita bread with hummus, snap peas</p> <p><b>21</b> Breakfast: Assorted cereals &amp; fruit AM: String cheese with roasted potatoes PM: Fig Newtons with bananas</p> <p><b>28</b> Breakfast: Assorted cereals &amp; applesauce AM: Mini bagels with cream cheese, bananas PM: Wheat Thin crackers with carrots (* bell peppers), hummus</p>

### Country Dawn Lunches

- All Week - Soynut & Jam
- M - Grilled Cheese
- T - Tuna
- W - English Muffin Pizzas
- Th - Turkey & Cheese
- F - Quesadillas

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

# Saturday Night Care

July 8, 2023

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

