


# JANUARY





Phoenix 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Looking ahead: No class 2/6, 2/15-2/20			1	2	3
4	5	6	7 Parent Meeting with Lisa 5pm	8	9	10
11	12	13	14	15	16	17
18	19 Holiday No School	20 Dixie's Special Day	21 Coffee Hour	22	23	24
25	26 Mia's Special Day	27 Policy Council 10am	28	29	30	31 

# Phoenix HS Menu

(Menu Subject to Change) "Nut Safe"

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>**Choosy Tip of the Month! **</b> <b>Try serving raw veggies with dip just before dinner when kids are most hungry.</b>		<b>No C l a s</b> 	
5	6	7	8	9
<b>Breakfast:</b> 100% White Grape Juice, WG Cheerios, Skim Milk <b>Lunch:</b> Sloppy Joes, Corn, Pears, Bun, Skim Milk <b>Snack:</b> Mandarin Oranges, Cheese Crackers, Water	<b>Breakfast:</b> Peaches, Yogurt, Skim Milk <b>Lunch:</b> Scrambled Eggs & Cheese, Potato Puffs, Fresh Oranges, WG Tortilla, Skim Milk <b>Snack:</b> Cucumber Slices w/ Dip, WG Crackers, Water	<b>Breakfast:</b> Banana, WG Oatmeal, Skim Milk <b>Lunch:</b> Beef, Potatoes, Bread, Mixed Vegetables, Skim Milk <b>Snack:</b> Apple Wedges, Raisins, Sunflower Spread, Water	<b>Breakfast:</b> Applesauce, WG Pancake w/ Lite Syrup, Skim Milk <b>Lunch:</b> Baked Chicken, Broccoli, Fresh Melon, Brown Rice Pilaf, Skim Milk <b>Snack:</b> Bagel w/ Cream Cheese, Skim Milk	<b>Breakfast:</b> Clementine, Frosted Mini Wheats, Skim Milk <b>Lunch:</b> Ham, Veggie Pasta Salad, Pineapple, Skim Milk <b>Snack:</b> Pretzel's w/ Dip, Apple Juice
12	13	14	15	16
<b>Breakfast:</b> 100% white Grape Juice, WG Kix, Skim Milk <b>Lunch:</b> Fish, French Fries, Mandarin Oranges, Roll, Skim Milk <b>Snack:</b> Berries & Pears, Cheese, Water	<b>Breakfast:</b> Peaches, WG Waffle w/ Lite Syrup, Skim Milk <b>Lunch:</b> Pasta with Sauce & Meat/Cheese, Tossed Salad, Green Beans, Skim Milk <b>Snack:</b> Yogurt, Banana, Water	<b>Breakfast:</b> Apples, Biscuit, Skim Milk <b>Lunch:</b> Chicken Wraps, Shredded Lettuce, Mild Salsa, WG Tortilla, Clementine, Skim Milk <b>Snack:</b> Hard-Boiled Egg, Broccoli w/ Dip, Water	<b>Breakfast:</b> 100% Apple Juice, WG English Muffins, Skim Milk <b>Lunch:</b> Sunny Butter & Jelly sandwich on WG Bread, Cheese Stick, Broccoli w/ Dip, Fresh Oranges, Skim Milk <b>Snack:</b> Celery Sticks & Cucumbers w/ Dip, WG Crackers, Water	<b>Breakfast:</b> Banana, WG Life, Skim Milk <b>Lunch:</b> Pulled Pork, Baked Beans, Bun, Applesauce, Skim Milk <b>Snack:</b> Animal Crackers, Skim Milk
19	20	21	22	23
	<b>Breakfast:</b> Pineapple Juice, WG Frosted Mini Wheats, Skim Milk <b>Lunch:</b> Macaroni & Cheese, Stewed Tomatoes, Peaches, Skim Milk <b>Snack:</b> Graham Crackers w/ Strawberry Cream Cheese, Skim Milk	<b>Breakfast:</b> Pears, WG Pancake w/ Lite Syrup, Skim Milk <b>Lunch:</b> Chicken, Bread, Au Gratin Potatoes, Green Beans, Skim Milk <b>Snack:</b> Snack Mix, Apples, Water	<b>Breakfast:</b> Applesauce, Choice Egg, WG Tortilla, Skim Milk <b>Lunch:</b> Ham & Cheese Sandwich on WG Bread, Pepper Strips & Celery Sticks w/ Dip, Fresh Melon, Skim Milk <b>Snack:</b> Cottage Cheese, Pineapple, Water	<b>Breakfast:</b> Mandarin Oranges, WG Toast, Skim Milk <b>Lunch:</b> Meatballs w/ Gravy, Corn, Mashed Potatoes, Bread, Skim Milk <b>Snack:</b> Blended Juice, Crackers
26	27	28	29	30
<b>Breakfast:</b> Orange Juice, WG Life, Skim Milk <b>Lunch:</b> Turkey Kielbasa, Broccoli, Buttered Noodles, Fresh Oranges, Skim Milk <b>Snack:</b> Pretzels, Skim Milk	<b>Breakfast:</b> Apples, WG Oatmeal, Skim Milk <b>Lunch:</b> Burger, Green Beans, Pears, Bun, Skim Milk <b>Snack:</b> WG Cheerios, Skim Milk	<b>Breakfast:</b> Banana, Homemade Muffin, Skim Milk <b>Lunch:</b> Hot Ham & Cheese Sandwich on WG Bread, Beets, Applesauce, Skim Milk <b>Snack:</b> Cheese Stick, WG Crackers, Water	<b>Breakfast:</b> Peaches, WG Waffle w/ Lite Syrup, Skim Milk <b>Lunch:</b> Tuna Salad Wrap, Homemade Soup, Carrot Sticks w/ Dip, Berries, WG Bread, Skim Milk <b>Snack:</b> Graham Crackers, Pumpkin Applesauce, Water	<b>Breakfast:</b> Blended Juice, Rice Krispies, Skim Milk <b>Lunch:</b> Chicken Quesadillas, Tomato & Cucumber Salad, WG Tortilla, Pineapple & Grape Halves, Skim Milk <b>Snack:</b> Bagel w/ Cream Cheese, Fresh Oranges, Water

WG = Whole Grain

This Institution is an Equal Opportunity Provider

\* Allergen information for menu items is available. Ask an employee for details.

**\*\* Check foods closely for nut oils: Breads, cereals, crackers, muffins, salad dressings, dips, sauces etc.**





Phoenix 1

315-695-4838



Hello families!

We hope you all have a wonderful holiday and are able to find some time to relax during this break. This past month we explored our creative sides a lot with various art activities. We finished discussing safe/unsafe touches. We continued learning how to be a good friend with the help of our puppet pals, Johnny and Jamie. Looking forward, we will continue working on increasing our various math skills like counting, graphing, patterning, and sequencing; we will keep practicing our name writing and person drawing skills; We will enjoy more new recipes, and hopefully get to play outside in the snow more. Please make sure your child has weather appropriate clothing for outside play, as we do not have enough to provide for the entire class; water resistant gloves are preferred as the cotton ones get wet quickly. If your family works on any school readiness goals over the break, please remember to document it in Learning Genie. I hope everyone stays healthy over break, and that we can see all of your smiling faces on January 5th when class resumes. Happy Holidays!

\*Please remember to call the center or message on Learning Genie if your child is going to be late or absent.

Thank you: Leigh, Kristy& Amy

**Make it at home: Snow Pudding**

**A great way to have your kids help in the kitchen and to try new arrangements!**

**Ingredients:**

- 1/4 c. vanilla yogurt
- 1/4 c. applesauce
- 1/2 banana

**Directions:** Mix ingredients together in a bowl with a utensil & enjoy! (Could also be used as a dip with vanilla wafers).

*"Children  
must  
be taught  
how to think,  
not what  
to think."*

*-Margaret Mead*

**Sing it at home:**

**Snowkey Pokey**

**(to the tune of Hokey Pokey)**

You put your right mitten in, you take your right mitten out.  
You put your right mitten in and you shake it all about.  
You do the Snowkey Pokey and you turn yourself around,  
That's what it's all about!



**Additional verses:**

Left mitten, right boot, left boot, scarf, hat, and yourself



## January 2026/Family News:

### Phoenix Head Start / UPK

Hello Families,

It's already the new year! The weather is getting cold so please dress your child according to the weather. The teachers do try and get the children out daily.

It's not too late to join the Parent Connection meeting. Check out the bottom for upcoming meetings.

At this time of the year, I will be starting to do midyear home visits. If anyone wants to set up a home visit. Contact me on my cell, Learning genie or at the center. Also, if anyone needs to update or change their child's blue card stop in and see me.

Your Family Specialist,

**Lisa**

Next two Parent Meetings:

On January 7, 5-7pm When to keep your child home from school with Nurse Pam, Budgeting with Lisa

February 4, 5-7pm Making Valentines cards for the seniors

Door Prize and Dinner!!

RSVP-- if you are attending and need childcare!



January is National Blood Donor Month! Join us in celebrating and raising awareness for the incredible impact blood donors have on saving lives.

To learn more, go to <https://www.Redcross.org> Phoenix Head Start/UPK

### Parent Committee Officers:

Chairperson: Adrianna S.—Ph 2

Vice Chairperson: Noah L.—Ph 1

Secretary: Josalee L.—Ph 2

### Policy Council Representative:

Denise L. Ph1

Jessica G.—Ph1

### Alternate Rep:

Lisa C.

## Resources

### Helping Hands

We provide a variety of house hold items @ State Street United Methodist Church.

Fulton 315 592-4559.

Phoenix Area Food Pantry 315 592-4559

Believers Chapel Church Free food

3<sup>rd</sup> Monday of every Month  
3:30-5:30

WIC 315 343-1311


### My Contact information: Family Specialist Lisa

Cell: 315-591-2656


Center 315 695-4838

Email [lurbach@oco.org](mailto:lurbach@oco.org)





The Phoenix Head Start  
program would like to  
celebrate the family:  
Dixie for the month of  
January 2026!!



The Phoenix Head Start  
program would like to  
celebrate the family:  
Mia for the month of  
January 2026!!