



# FEBRÚÁRY

Phoenix 1

315-695-4838

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Groundhog Day 	3	4	5 Parent Meeting with Lisa 5pm	6 Staff Training <b>No School</b>	7
8	9 <b>Blake's Special Day</b>	10	11	12	13 Friendship Day 	14
15	16	17	18	19	20	21
<b>WINTER BREAK      NO CLASS</b>						
22	23 <b>Brooklyn's Special Day</b>	24 Policy Council 10am	25	26 Coffee Hour with Lisa Positive Solutions	27	28
		Looking Ahead- No School 3/13 Parent/Teacher Conferences, No School 3/30-4/3				

# Phoenix HS Menu

(Menu Subject to Change) "Nut Safe"

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>Breakfast:</b> Pineapple, WG Kix, Skim Milk  <b>Lunch:</b> Pizza with Meat/Cheese & Crust, Tossed Salad, Fresh Oranges, Skim Milk  <b>Snack:</b> Hard Boiled Egg, Cheese Crackers, Water	3  <b>Breakfast:</b> Peaches, Yogurt, Skim Milk  <b>Lunch:</b> Turkey Sandwich, WG Bread, Cucumber Slices & Carrot Sticks, Clementine, Skim Milk  <b>Snack:</b> Animal Crackers, Berries, Water	4  <b>Breakfast:</b> Apple Juice, Rice Krispies, Skim Milk  <b>Lunch:</b> Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, Skim Milk  <b>Snack:</b> Broccoli w/ Dip, WG Crackers, Water	5  <b>Breakfast:</b> Pears, Biscuits w/ Jelly, Skim Milk  <b>Lunch:</b> Mexican Dish with Meat/Cheese/Beans & WG Tortilla, Shredded Lettuce, Mild Salsa, Banana, Skim Milk  <b>Snack:</b> Apples, Cheese, Water	6  
9  <b>Breakfast:</b> Blended Juice, WG Cheerios, Skim Milk  <b>Lunch:</b> Hamburger on Bun, Pears, 4-Bean Salad, Skim Milk  <b>Snack:</b> Cucumbers w/ Dip, WG Crackers, Water	10  <b>Breakfast:</b> WG English Muffin, Pineapple, Skim Milk  <b>Lunch:</b> WG Pancakes w/ Lite Syrup, Breakfast Sausage, Fruit Sauce, Potato Puffs, Skim Milk  <b>Snack:</b> Strawberries & Sliced Bananas, Yogurt, Water	11  <b>Breakfast:</b> Melon, WG Frosted Mini Wheats, Skim Milk  <b>Lunch:</b> Grilled Cheese Sandwich, Bread, Tomato Soup, Broccoli w/ Dip, Apples, Skim Milk  <b>Snack:</b> Celery Sticks w/ Cream Cheese, Goldfish Crackers, Water	12  <b>Breakfast:</b> Pears, Bagel w/ Flavored Cream Cheese, Skim Milk  <b>Lunch:</b> Roast Turkey Breast, Carrots, Mashed Potatoes, WG Bread Skim Milk  <b>Snack:</b> Graham Crackers w/ Sunflower Seed Spread, Banana, Water	13  <b>Breakfast:</b> Apples, WG Cinnamon Toast, Skim Milk  <b>Lunch:</b> Spaghetti w/ Sauce & Meatballs, Tossed Salad, Fresh Oranges, Skim Milk  <b>Snack:</b> Homemade Muffin, Skim Milk
16    <i>No Classes!</i>	17  	18	19	20
23  <b>Breakfast:</b> White Grape Juice, WG Cheerios, Skim Milk  <b>Lunch:</b> Sloppy Joes, Bun, Corn, Pears, Skim Milk  <b>Snack:</b> Mandarin Oranges, Cheese Crackers, Water	24  <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	25  <b>Breakfast:</b> Banana, WG Oatmeal, Skim Milk  <b>Lunch:</b> Beef, Potatoes, Mixed Vegetables, Bread, Skim Milk  <b>Snack:</b> Apple Wedges, Sunflower Spread, Raisins, Water	26  <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	27  <b>Breakfast:</b> Frosted Mini Wheats, Clementine, Skim Milk  <b>Lunch:</b> Ham, Veggie Pasta Salad, Pineapple, Skim Milk  <b>Snack:</b> Pretzel's w/ Dip, Apple Juice
				<p><b>**Choosy Tip of the Month! **</b></p> <p>Teach your children to listen to their hunger cues. Ask "Is your tummy feeling hungry/Is your tummy feeling full?"</p>

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.



# FEBRUARY



Phoenix 1

315-695-4838



Hello Phoenix 1 families,

Boy was this past month filled with snow and sickness. We didn't have a full class even one day in January. Here's hoping for a better February. As it is, this is a short month with Winter Break the 16th-20th. On February 13th we will be celebrating Friendship Day. I will send home a class list as well as some tips and guidelines.

Your kiddos have been doing so well identifying the letters in their first names that we have begun learning last names as well. They continue working on their counting, cutting, and writing skills. They've been learning how to play board games with their peers, taking turns and following directions. They really enjoy the cooking activities we do each month. Hopefully the temperature will warm up to allow us to spend some time outside playing in the snow. When it does, please make sure your child has the appropriate clothing (ie winter jacket, snowpants, boots, gloves, and hat). We do have some extras to loan out but not enough for everyone.

Remember, snow days at home are a great time to earn some in-kind for our program.

Also, if you or anyone you know is interested in working with children we are always accepting applications for subs, and there are lots of other positions available as well. Check out our job postings on [www.oco.org](http://www.oco.org).

Thank you, Leigh, Kristy, and Amy

## Make It at Home: 5 Senses Snack Mix

Use an assortment of snack foods (ex: goldfish crackers, breakfast cereals, pretzels, raisins, sunflower seeds, etc.).

Have your child choose at least 3 ingredients! Take a spoonful of those ingredients and place them in a bowl, they can then use their hands to mix them together. Then they will taste their snack mix! Have them describe the way their mix looks, smells, tastes, and feels, as well as how it sounds when they're eating it!



EVERY CHILD IS A  
different KIND OF flower,  
AND ALL TOGETHER,  
MAKE THIS WORLD  
A Beautiful GARDEN.

## The More We Get Together

The more we get together,  
Together, together.  
The more we get together,  
The happier we'll be.  
For your friends are my friends,  
And my friends are your friends.  
The more we get together,  
The happier we'll be.





## February 2026/Family News

### Phoenix Head Start

Hello Families,

A big shout out to all the families who take their child to school daily. Showing up and on time every day is important to your child's success and learning from Pre-School forward.

This month the children will be celebrating friendship day on February 14. They can bring cards to share with their friends. If you would like to make some at home and need supplies let me know. As a reminder No Candy allowed.

If you are looking for employment, check out our website [www.oco.org](http://www.oco.org). We have various job openings within the agency.

I will be starting Head Start Pre-school applications for the fall. Any time after March 1, you can give me a call to set up any appointment. Spread the word to family and friends.

Your Family Specialist,

### Lisa

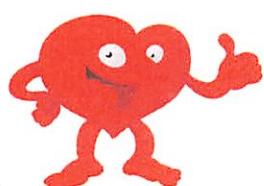
Next two Parent Meetings:

February 4, 5-7pm Creating Valentines cards for Senior citizens

March 4, 5-7pm Narcan training, Nutrition/food budget with Heather.

Coffee Hour-Feb 26- 8:30 all are welcome

Door Prize and Dinner



February is American Heart Month

You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to our day or choosing healthy foods, can have a big impact on protecting Our Hearts.

To learn more, go to [www.heart.org](http://www.heart.org)

#### Parent Committee Officers:

Chairperson: Adrianna. —Ph 2

Vice Chairperson: Noah L—Ph 2

Secretary: Josalee L.—Ph 2

#### Policy Council Representatives:

Jessica G.—Ph 1

Denice L.—Ph

Alternate Rep:

Lisa C.—Ph 2

### Resources

#### Adult Literacy GED

[gedprep@citiboces.org](mailto:gedprep@citiboces.org)

315 963-4283

Phoenix Area Food Pantry 315 592-4559

#### Mobile Food Pantry

Tues, Feb 3 @3pm

AA Cole Elementary school  
Constantia NY

Tues, Feb 17 @3pm

Palermo United Methodist Church  
11 Ct Rt 35

WIC 315 343-1311

My Contact information: Family Specialist Lisa

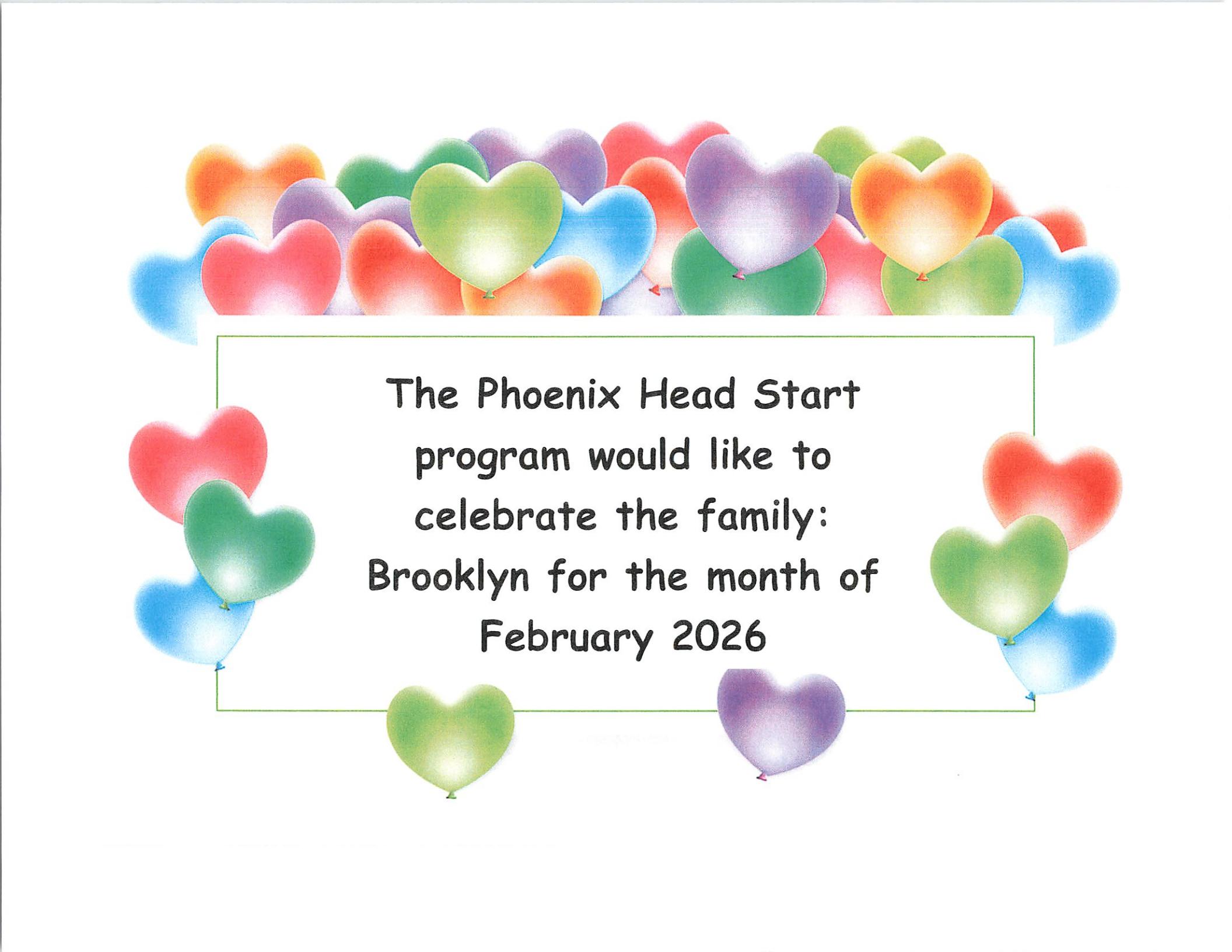
Cell: 315-591-2656

Center 315 695-4838

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



The Phoenix Head Start  
Program would like to  
celebrate the family: Blake  
for the month of February  
2026



The Phoenix Head Start  
program would like to  
celebrate the family:  
Brooklyn for the month of  
February 2026