

Phoenix 2
Head Start/UPK
Monday-Friday
8:30a-2:45p
315-695-4838

February 2026



www.oco.org/education-services/head-start-upk

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>A look ahead...</p> <p>No Class on Friday, March 14th P/T Conferences</p> <p>No Class March 30th through April 3rd - Spring Break</p>				
1	2	3	4	5 Parent Connect Meeting with Lisa 5pm	6 No Class Staff Training	7
8	9	10	11	12	13 Esmae's Special Day Friendship Day!	14 Valentine's Day 
15	16 President's Day No Class	17 Winter Break No Class	18 Winter Break No Class	19 Winter Break No Class	20 Winter Break No Class	21
22	23	24 Policy Council 10am	25	26 Coffee Hour with Lisa 8:30am Positive Solutions for Families @Oswego HeadStart 5:30pm-7:30pm	27	28

Phoenix HS Menu

(Menu Subject to Change) "Nut Safe"

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast: Pineapple, WG Kix, Skim Milk Lunch: Pizza with Meat/Cheese & Crust, Tossed Salad, Fresh Oranges, Skim Milk Snack: Hard Boiled Egg, Cheese Crackers, Water	3 Breakfast: Peaches, Yogurt, Skim Milk Lunch: Turkey Sandwich, WG Bread, Cucumber Slices & Carrot Sticks, Clementine, Skim Milk Snack: Animal Crackers, Berries, Water	4 Breakfast: Apple Juice, Rice Krispies, Skim Milk Lunch: Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, Skim Milk Snack: Broccoli w/ Dip, WG Crackers, Water	5 Breakfast: Pears, Biscuits w/ Jelly, Skim Milk Lunch: Mexican Dish with Meat/Cheese/Beans & WG Tortilla, Shredded Lettuce, Mild Salsa, Banana, Skim Milk Snack: Apples, Cheese, Water	6 
9 Breakfast: Blended Juice, WG Cheerios, Skim Milk Lunch: Hamburger on Bun, Pears, 4-Bean Salad, Skim Milk Snack: Cucumbers w/ Dip, WG Crackers, Water	10 Breakfast: WG English Muffin, Pineapple, Skim Milk Lunch: WG Pancakes w/ Lite Syrup, Breakfast Sausage, Fruit Sauce, Potato Puffs, Skim Milk Snack: Strawberries & Sliced Bananas, Yogurt, Water	11 Breakfast: Melon, WG Frosted Mini Wheats, Skim Milk Lunch: Grilled Cheese Sandwich, Bread, Tomato Soup, Broccoli w/ Dip, Apples, Skim Milk Snack: Celery Sticks w/ Cream Cheese, Goldfish Crackers, Water	12 Breakfast: Pears, Bagel w/ Flavored Cream Cheese, Skim Milk Lunch: Roast Turkey Breast, Carrots, Mashed Potatoes, WG Bread Skim Milk Snack: Graham Crackers w/ Sunflower Seed Spread, Banana, Water	13 Breakfast: Apples, WG Cinnamon Toast, Skim Milk Lunch: Spaghetti w/ Sauce & Meatballs, Tossed Salad, Fresh Oranges, Skim Milk Snack: Homemade Muffin, Skim Milk
16 	17 	18	19	20
23 Breakfast: White Grape Juice, WG Cheerios, Skim Milk Lunch: Sloppy Joes, Bun, Corn, Pears, Skim Milk Snack: Mandarin Oranges, Cheese Crackers, Water	24 Breakfast: Peaches, Yogurt, Skim Milk Lunch: Scrambled Eggs & Cheese, Potato Puffs, Fresh Oranges, WG Tortilla, Skim Milk Snack: Cucumber Slices w/ Dip, WG Crackers, Water	25 Breakfast: Banana, WG Oatmeal, Skim Milk Lunch: Beef, Potatoes, Mixed Vegetables, Bread, Skim Milk Snack: Apple Wedges, Sunflower Spread, Raisins, Water	26 Breakfast: Applesauce, WG Pancake w/ Lite Syrup, Skim Milk Lunch: Baked Chicken, Broccoli, Fresh Melon, Brown Rice Pilaf, Skim Milk Snack: Bagel w/ Cream Cheese, Skim Milk	27 Breakfast: Frosted Mini Wheats, Clementine, Skim Milk Lunch: Ham, Veggie Pasta Salad, Pineapple, Skim Milk Snack: Pretzel's w/ Dip, Apple Juice
				**Choosy Tip of the Month! ** Teach your children to listen to their hunger cues. Ask "Is your tummy feeling hungry/Is your tummy feeling full?"

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 2026- Phoenix 2

Classroom News!!

As we head into February, we will be hoping for less snow and warmer weather.

Warm enough to go outside and play, that is. Please continue to send your children with warm winter gear such as snow pants, boots, hats and gloves.

This month our class will make Friendship Day bags for our classroom Valentines cards. We will also be making Valentines for Seniors (from scratch) using construction paper and stickers. We are planning to make suncatchers and volcanoes and play color/shape BINGO. The class continues to practice letter writing, putting together puzzles, and counting.

Please Note: Friendship Day will be Friday, February 13

There is NO CLASS February 6 and February 16-20

Danielle, Adrienne and Hope!!

Shape Hunt:

Write all 26 letters of the alphabet onto post it notes. Stick these around the house and have your child find them. When they are found, have them tell you the letter name and sound.

Sensory Fun:

Place sand/moon sand in a tray or small bin. Bury shells, animals, magnetic letters, cups in the sand. Have your child unearth the objects and talk about what they found.



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. 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

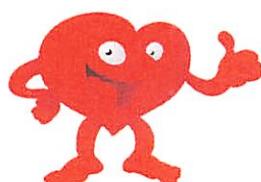
Next two Parent Meetings:

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

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

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



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

2026