

# MARCH



Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

1 OSwego 1	2 Layne's Special Day!	3	4	5 Positive Solutions for families 5:30 pm	6 Vanessa's Special Day!	7
8	9	10	11 Parent Connection Meeting 9:00 am	12 Positive Solutions for families 5:30 pm	13 Parent/Teacher conferences	14
15	16	17	18	19 Positive Solutions for families 5:30 pm	20	21
22	23	24 Policy council 10:00 am	25	26 Positive Solutions for families 5:30 pm	27	28
29	30 Spring break	31 Spring break				



## Oswego 1 News



45 East Schuyler Oswego, Ny 13126 315-342-0629

March usually comes in like a lion and goes out like a lamb. Let's hope the lion part only lasts for a short time. We will be keeping track of the lion and lamb days this month.

March is National Nutrition Month and Choosy wants us to eat healthy all month long. We will be trying new recipes, discussing healthy foods, and celebrating Choosy's birthday. What is your family's favorite healthy meal?

We will also be celebrating our love of reading this month. There will be a sign up sheet for parents to come read to the children throughout the month. Also, please remember we will be having Parent/Child conferences on March 13<sup>th</sup>. I am looking forward to talking about the goals and talking about our transition to Kindergarten.

### **Choosy Advice—I am moving I am learning**

Do you find it difficult to get your kids to drink plenty of water throughout the day? Make it appealing by using fun water bottles or adding slices of fruit like cucumber or lemon. Explain the importance of hydration for their energy levels, concentration, and overall well-being in an age-appropriate way.

Rory, Lauren and Michelle

# Oswego HS Menu

(Menu Subject to Change) "Nut Safe"

March 2026

<p style="text-align: right;"><b>2</b></p> <p><b>Breakfast:</b> White Grape Juice, WG Kix, Skim Milk</p> <p><b>Lunch:</b> Fish, Roll, French Fries, Mandarin Oranges, Skim Milk</p> <p><b>Snack:</b> Berries &amp; Pears, Cheese, Water</p>	<p style="text-align: right;"><b>3</b></p> <p><b>Breakfast:</b> Peaches, WG Waffle w/ Lite Syrup, Skim Milk</p> <p><b>Lunch:</b> Pasta with Sauce &amp; Meat/Cheese, Tossed Salad, Green Beans, Skim Milk</p> <p><b>Snack:</b> Yogurt, Banana, Water</p>	<p style="text-align: right;"><b>4</b></p> <p><b>Breakfast:</b> Apples, Biscuit, Skim Milk</p> <p><b>Lunch:</b> Chicken Wraps, Shredded Lettuce, Mild Salsa, WG Tortilla, Clementine, Skim Milk</p> <p><b>Snack:</b> Hard-Boiled Egg, Broccoli w/ Dip, Water</p>	<p style="text-align: right;"><b>5</b></p> <p><b>Breakfast:</b> Apple Juice, WG English Muffin, Skim Milk</p> <p><b>Lunch:</b> Grilled Cheese Sandwich, Tomato Soup, Broccoli, Mixed Fruit, Skim Milk</p> <p><b>Snack:</b> Celery Sticks &amp; Cucumbers w/ Dip, WG Crackers, Water</p>	<p style="text-align: right;"><b>6</b></p> <p><b>Breakfast:</b> Banana, WG Life, Skim Milk</p> <p><b>Lunch:</b> Pulled Pork, Baked Beans, Bun, Applesauce, Skim Milk</p> <p><b>Snack:</b> Animal Crackers, Skim Milk</p>
<p style="text-align: right;"><b>9</b></p> <p><b>Breakfast:</b> Pineapple Juice, WG Frosted Mini Wheats, Skim Milk</p> <p><b>Lunch:</b> Macaroni &amp; Cheese, Stewed Tomatoes, Peaches, Skim Milk</p> <p><b>Snack:</b> Graham Crackers w/ Strawberry Cream Cheese, Skim Milk</p>	<p style="text-align: right;"><b>10</b></p> <p><b>Breakfast:</b> Banana, Yogurt, Skim Milk</p> <p><b>Lunch:</b> Spanish Rice, Tossed Salad, Peas, Skim Milk</p> <p><b>Snack:</b> WG Kix, Skim Milk</p>	<p style="text-align: right;"><b>11</b></p> <p><b>Breakfast:</b> Pears, WG Pancake w/ Lite Syrup, Skim Milk</p> <p><b>Lunch:</b> Pizza w/ Meat/Cheese &amp; Pizza Crust, Broccoli, Fresh Oranges, Skim Milk</p> <p><b>Snack:</b> Snack Mix, Apples, Water</p>	<p style="text-align: right;"><b>12</b></p> <p><b>Breakfast:</b> Applesauce, Choice Egg, WG Tortilla, Skim Milk</p> <p><b>Lunch:</b> Ham &amp; Cheese Sandwich on WG Bread, Pepper Strips &amp; Celery Sticks w/ Dip, Fresh Melon, Skim Milk</p> <p><b>Snack:</b> Cottage Cheese, Pineapple, Water</p>	<p style="text-align: right;"><b>13</b></p> <p><b>Breakfast:</b> Mandarin Oranges, WG Toast, Skim Milk</p> <p><b>Lunch:</b> Meatballs w/ Gravy, Mashed Potatoes, Corn, Bread, Skim Milk</p> <p><b>Snack:</b> Blended Juice, Crackers</p>
<p style="text-align: right;"><b>16</b></p> <p><b>Breakfast:</b> Orange Juice, WG Life, Skim Milk</p> <p><b>Lunch:</b> Turkey Kielbasa, Broccoli, Buttered Noodles, Fresh Oranges, Skim Milk</p> <p><b>Snack:</b> Pretzels, Skim Milk</p>	<p style="text-align: right;"><b>17</b></p> <p><b>Breakfast:</b> Apples, WG Oatmeal, Skim Milk</p> <p><b>Lunch:</b> Burger, Green Beans, Pears, Bun, Skim Milk</p> <p><b>Snack:</b> WG Cheerios, Skim Milk</p> 	<p style="text-align: right;"><b>18</b></p> <p><b>Breakfast:</b> Banana, Homemade Muffin, Skim Milk</p> <p><b>Lunch:</b> Meatball Sub w/ Cheese, Baked Beans, Corn, Hot Dog Bun, Skim Milk</p> <p><b>Snack:</b> Cheese Stick, WG Crackers, Water</p>	<p style="text-align: right;"><b>19</b></p> <p><b>Breakfast:</b> Peaches, WG Waffles w/ Lite Syrup, Skim Milk</p> <p><b>Lunch:</b> Tuna Salad Wrap, Homemade Soup, Carrot Sticks w/ Dip, Berries, WG Bread, Skim Milk</p> <p><b>Snack:</b> Graham Crackers, Pumpkin Applesauce, Water</p>	<p style="text-align: right;"><b>20</b></p> <p><b>Breakfast:</b> Blended Juice, Rice Krispies, Skim Milk</p> <p><b>Lunch:</b> Chicken Quesadillas, Tomato &amp; Cucumber Salad, Pineapple &amp; Grape Halves, WG Tortilla, Skim Milk</p> <p><b>Snack:</b> Bagel w/ Cream Cheese, Fresh Oranges, Water</p> 
<p style="text-align: right;"><b>23</b></p> <p><b>Breakfast:</b> Pineapple, WG Kix, Skim Milk</p> <p><b>Lunch:</b> Pizza with Meat/Cheese &amp; Pizza Crust, Tossed Salad, Fresh Oranges, Skim Milk</p> <p><b>Snack:</b> Hard-Boiled Egg, Cheese Crackers, Water</p>	<p style="text-align: right;"><b>24</b></p> <p><b>Breakfast:</b> Peaches, Yogurt, Skim Milk</p> <p><b>Lunch:</b> Turkey Sandwich, Cucumber Slices &amp; Carrot Sticks, Clementine, WG Bread, Skim Milk</p> <p><b>Snack:</b> Animal Crackers, Berries, Water</p>	<p style="text-align: right;"><b>25</b></p> <p><b>Breakfast:</b> Apple Juice, Rice Krispies, Skim Milk</p> <p><b>Lunch:</b> Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, Skim Milk</p> <p><b>Snack:</b> Broccoli w/ Dip, WG Crackers, Water</p>	<p style="text-align: right;"><b>26</b></p> <p><b>Breakfast:</b> Pears, Biscuit w/ Jelly, Skim Milk</p> <p><b>Lunch:</b> Mexican Dish with Meat/Cheese/Beans &amp; WG Tortilla, Shredded Lettuce, Mild Salsa, Banana, Skim Milk</p> <p><b>Snack:</b> Apples, Cheese, Water</p>	<p style="text-align: right;"><b>27</b></p> <p><b>Breakfast:</b> Mandarin Oranges, WG Waffle w/ Lite Syrup, Skim Milk</p> <p><b>Lunch:</b> Macaroni &amp; Cheese, Tossed Salad, Cauliflower, Skim Milk</p> <p><b>Snack:</b> WG Life, Skim Milk</p>
<p style="text-align: right;"><b>30</b></p> 	<p style="text-align: right;"><b>31</b></p> 	<p style="text-align: center;"><b>*Classes Resume Monday, April 6<sup>th</sup>*</b></p>	 <p style="text-align: center;">Let's create early conversations with our children about healthy and not so healthy foods.</p>	<p style="text-align: center;"><b>**Choosy Tip of the Month! **</b></p> <p style="text-align: center;"><i>Keep mealtimes calm and pleasant. Establish a routine that nourishes your child with more than food.</i></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.



March 2026

## Oswego Head Start

Hello Families,

A big shout out to all the families who get their child to school daily. Showing up on time everyday is important to your child's success and learning from pre-school forward.

This month the children will be celebrating nutrition month and Choosy! Choosy is our Mascot for making healthy food choices and choosing movement activities instead of screen time.

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 applications for the upcoming school year, 2026-2027. Application days will be March 19th and March 24th. I am setting up appointments for these dates currently! Please come see me to set up a time if you have a little one turning 3 years old by December 1, 2026. Spread the word to family and friends!

Your Family Specialist,

*Miss Becki*

Next parent connection meeting:

March 11th @ 9am We will have a workshop with Heather to learn how to stretch our food budget.

Positive Solutions for Families sessions started February 26th. They run from 5:30-7:30pm. RSVP required. Childcare and dinner will be provided. These sessions will last for 7 weeks, you are welcome to attend anyone of them if you RSVP

Policy Council March 24th @ 10am



2026 National Poison Prevention Week  
March 15-21, 2026

The Theme is "When the unexpected happens, Poison Help is here for you." Whether you have general questions or an emergency, Poison Help is available 24/7/365 at no cost to you. Call Poison Help with questions for medications, cleaning products, insect bites and food poisoning, just to name a few!

### Parent Committee Officers:

Chairperson: Pepper R

Vice Chairperson: Hailey L

Secretary:

AM Christine G

PM Jesdith P

### Policy Council Representative:

Jesdith P.

Pepper R.

Alternate Rep:

TBD

### RESOURCES

Human Concerns:

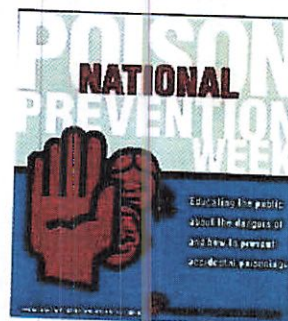
315-308-8625

Catholic Charities:

315-598-3980

Help Me Grow:

315-343-2344



# MARCH

## Family Appreciation

Thank you for all you do and for being such an important part of our program!



Layne B.- 3/2



Dawson H.- 3/3



Vaessa D.- 3/6



William M.- 3/9



Nevaehh C.- 3/16



Alaya P.- 3/20



Amelia A.- 3/25

