



Phoenix 1

Monday - Friday 8:45am-3pm

DLC - 315-695-4838

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

Don't forget to include any activities your family does together on Learning Genie for in-kind*

Sun

Mon

Tue










Wed

Thu

Fri

Sat


Spring Break—No School

1 2 3 4						
5 	6 	7  Return Library Book	8 Parent Connect Meeting with Lisa 5pm	9 Positive Solutions for Families @ Oswego Head Start 5:30-7:30pm	10 no class	11 Have an Easter Egg hunt in your yard!
12 Music Monday Tasty Tuesday Work Together Wednesday Artsy Thursday Family Friday	13	14  Return Library Book	15  Picture Day	16 Positive Solutions for Families @ Oswego Head Start	17	18
Week Of The Young Child						
19 Pack a lunch and enjoy a cool day at the park	20	21  Return Library Book	22 Coffee Hour with Lisa—FS At morning drop off 8:30 am 	23 Positive Solutions for Families @ Oswego Head Start 5:30-7:30pm	24	25
26	27	28 Policy Council 10:00 am  Return Library Book	29	30 Positive Solutions for Families @ Oswego Head Start 5:30-7:30pm		

Phoenix HS Menu

(Menu Subject to Change) "Nut Safe"

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>**Choosy Tip of the Month! ** Children only eat what parents provide so, buy and cook healthy foods for them.</p>		<p>1</p> 	<p>2</p> 	<p>3</p> <p>Good Fr</p> 
<p>6</p> <p>Breakfast: 100% Blended Juice, WG Cheerios, Skim Milk</p> <p>Lunch: Hamburger on Bun, 4-Bean Salad, Pears, Skim Milk</p> <p>Snack: Cucumbers w/ Dip, WG Crackers, Water</p>	<p>7</p> <p>Breakfast: Pineapple, WG English Muffin, Skim Milk</p> <p>Lunch: WG Pancake With Lite Syrup, Breakfast Sausage, Fruit Sauce, Potato Puffs, Skim Milk</p> <p>Snack: Yogurt, Strawberries & Sliced Bananas, Water</p>	<p>8</p> <p>Breakfast: Melon, WG Frosted Mini Wheats, Skim Milk</p> <p>Lunch: Grilled Cheese Sandwich, Apples, Tomato Soup, Broccoli w/ Dip, Bread, Skim Milk</p> <p>Snack: Celery Sticks w/ Cream Cheese, Goldfish Crackers, Water</p>	<p>9</p> <p>Breakfast: Pears, Bagel w/ Flavored Cream Cheese, Skim Milk</p> <p>Lunch: Roast Turkey Breast, Carrots, Mashed Potatoes, WG Bread, Skim Milk</p> <p>Snack: Graham Crackers w/ Sunflower Seed Spread, Banana, Water</p>	<p>10</p> 
<p>13</p> <p>Breakfast: 100% White Grape Juice, WG Cheerios, Skim Milk</p> <p>Lunch: Sloppy Joes, Corn, Pears, Bun, Skim Milk</p> <p>Snack: Mandarin Oranges, Cheese Crackers, Water</p>	<p>14</p> <p>Breakfast: Peaches, Yogurt, Skim Milk</p> <p>Lunch: Scrambled Eggs & Cheese, Potato Puffs, Fresh Oranges, WG Tortilla, Skim Milk</p> <p>Snack: Cucumber Slices w/ Dip, WG Crackers, Water</p>	<p>15</p> <p>Breakfast: Banana, WG Oatmeal, Skim Milk</p> <p>Lunch: Beef, Potatoes, Mixed Vegetables, Bread, Skim Milk</p> <p>Snack: Apple Wedges, Sunflower Spread, Raisins, Water</p>	<p>16</p> <p>Breakfast: Applesauce, WG Pancake With Lite Syrup, Skim Milk</p> <p>Lunch: Baked Chicken, Broccoli, Fresh Melon, Brown Rice Pilaf, Skim Milk</p> <p>Snack: Bagel w/ Cream Cheese, Skim Milk</p>	<p>17</p> <p>Breakfast: Clementine, Frosted Mini Wheats, Skim Milk</p> <p>Lunch: Ham, Veggie Pasta Salad, Pineapple, Skim Milk</p> <p>Snack: Pretzel's w/ Dip, Apple Juice</p>
<p>20</p> <p>Breakfast: 100% White Grape Juice, WG Kix, Skim Milk</p> <p>Lunch: Fish, French Fries, Roll, Mandarin Oranges, Skim Milk</p> <p>Snack: Berries & Pears, Cheese, Water</p>	<p>21</p> <p>Breakfast: Peaches, WG Waffle w/ Lite Syrup, Skim Milk</p> <p>Lunch: Pasta with Sauce & Meat/Cheese, Tossed Salad, Green Beans, Skim Milk</p> <p>Snack: Yogurt, Banana, Water</p>	<p>22</p> <p>Breakfast: Apples, Biscuit, Skim Milk</p> <p>Lunch: Chicken Wraps, WG Tortilla, Shredded Lettuce, Mild Salsa, Clementine, Skim Milk</p> <p>Snack: Hard-Boiled Egg, Broccoli w/ Dip, Water</p>	<p>23</p> <p>Breakfast: 100% Apple Juice, WG English Muffin, Skim Milk</p> <p>Lunch: Sunny Butter & Jelly Sandwich, on WG Bread, Cheese Stick, Broccoli w/ Dip, Fresh Oranges, Skim Milk</p> <p>Snack: Celery Sticks & Cucumber w/ Dip, WG Crackers, Water</p>	<p>24</p> <p>Breakfast: Banana, WG Life, Skim Milk</p> <p>Lunch: Pulled Pork, Bun, Baked Beans, Applesauce, Skim Milk</p> <p>Snack: Animal Crackers, Skim Milk</p>
<p>27</p> <p>Breakfast: 100% Pineapple Juice, WG Frosted Mini Wheats, Skim Milk</p> <p>Lunch: Macaroni & Cheese, Peaches, Stewed Tomatoes, Skim Milk</p> <p>Snack: Graham Crackers w/ Strawberry Cream Cheese, Skim Milk</p>	<p>28</p> <p>Breakfast: Banana, Yogurt, Skim Milk</p> <p>Lunch: Spanish Rice, Tossed Salad, Peas, Skim Milk</p> <p>Snack: WG Kix, Skim Milk</p>	<p>29</p> <p>Breakfast: Pears, WG Pancake w/ Lite Syrup, Skim Milk</p> <p>Lunch: Chicken Au Gratin Potatoes, Green Beans, Bread Skim Milk</p> <p>Snack: Snack Mix, Apples, Water</p>	<p>30</p> <p>Breakfast: Applesauce, Choice Egg, WG Tortilla, Skim Milk</p> <p>Lunch: Ham & Cheese, Sandwich on WG Bread, Pepper Strips & Celery Sticks, Fresh Melon, Skim Milk</p> <p>Snack: Cottage Cheese, Pineapple, Water</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.**



April 2026

Phoenix Head Start/Family page

Hello Families,

This school year has gone by so fast. We are hoping for hot and sunny days.

In the month of April, the classrooms will be celebrating the week of the young child. The children will be doing activities during the week April 13-17.

I am taking Head Start Pre-K applications for 3- & 4-year-olds for the fall classes. Please call me to set up an appointment. Spread the word to family and friends.

The children who will be entering kindergarten in the fall can register

On the school website www.phoenixcsd.org or call 315 695-1561.

If you are looking for employment, check out the website. WWW.oco.org. We have various jobs openings within the agency.

Your Family Specialist.

Lisa

Parent Connection meeting: April 8 @ 5pm—Please RSVP/Healthy meal prep w/Heather

Coffee Hour April 22 @8:30

Parent Activity: May 7 @5pm Paint night. RSVP a must. I will need an accurate Count of food supplies and childcare.

If I don't get an RSVP, you will be unable to join us.



National Infant Immunization Week is an annual observance to highlight the importance of protecting infants from vaccine-preventable diseases and celebrate the achievements of immunization programs in promoting healthy communities. Since 1994, hundreds of communities across the United States have joined together to celebrate the critical role vaccination plays in protecting children, communities, and public health. For more information, visit: cdc.gov/vaccines/events/niw

Parent Committee Officers:

Chairperson: Adrianna S.-Ph 2

Vice Chairperson: Noah L.-Ph1

Secretary: Josalee L.-Ph 1

Policy Council Representative:

Jessica G. and Denise L.

Alternate Rep. Lisa C.-Ph 2

Resources

Phoenix Area Food Pantry

315 394-0023

WIC 315 343-1311

Oswego County food bank

SNAP@foodbankcny.org

866 839-7304

www.foodbankcny.org

Adult High School Equivalency Program

315 963-4283

gedprep@citiboces.org

WWW.citiboces.org/Adultofferings. College Classes


Contact Info:

Family Specialist-Lisa


Cell—315 591-2656

Center—315 695-4838

Email-lurbach@oco.org



**The Phoenix Head
Start-preschool would
like to celebrate the
family of Kaiya the
month of April 2026!!**



**The Phoenix Head
Start-preschool would
like to celebrate the
family of Kaiya the
month of April 2026!!**