

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

April 2026

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





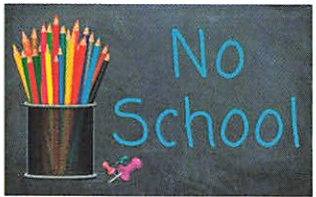


Sun	Mon	Tue	Wed	Thu	Fri	Sat
A look ahead... No class Friday May 15th-Staff Training No class Monday May 25th-Memorial Day			1 No Class Spring Break	2 No Class Spring Break	3 No Class Spring Break	4
5	6 Scarlett's Special Day	7	8 Parent Connect Meeting with Lisa 5pm	9 Positive Solutions for Families @Oswego HeadStart 5:30pm-7:30pm	10 No Class Staff Training	11
12	13	14	15	16 Lilian's Special Day Positive Solutions for Families @Oswego HeadStart 5:30pm-7:30pm	17	18
19	20	21 Policy Council 10am	22 Coffee Hour with Lisa 8:30am	23	24	25
26	27	28	29	30		

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 Newsletter

Phoenix 2 (315)695-4838



Our class is going to enjoy the outside weather as long as it is not raining. Please make sure they are dressed appropriately for the weather. (We go outside before 10 am.)

In April will be talking about plants and living things, and what they need to grow. We will explore rhyming words, and also positional words such as, on top of, under and beside. We will begin to talk about community helpers and how they impact the towns/cities that we live in. We will also touch on recycling on Earth day, and how we can help take care of the places we live.

The week of the Young Child is April 13-17 and during this week we have themed days: "Music Monday, Tasty Tuesday, Work Together Wednesday, Artsy Thursday, and Family Friday." We will have a special activity daily to match each theme. This will be a fun week to volunteer if you are available.

There is **NO CLASS** April 10, 2026.

Thank you for your continued support. HAPPY SPRING!! Danielle, Adrienne, Hope

Sing the Rainbow Song

Red and Orange and
Yellow too,
Don't forget the Green
and Blue!
Add some Purple,
Then you're through!
THAT'S a Rainbow!!

Glue Globs

Squeeze liquid glue onto
waxed paper.
Let dry.
Color with markers.
Remove from wax paper.
Hang design in a window!





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/niiw

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 Lily the
month of April 2026!!**



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