

# MAY



Sunday

Monday

Tuesday

Wednesday

Thursday



Friday

Saturday

**Oswego 3**

**2026**



					1	2
3	4	5	6	7	8	9
10	11	12 Kehlani's Special Day 	13	14	15 <b>NO SCHOOL</b>	16
17	18 End of year Home Visits begin	19	20 Parent Connection Meeting 9am	21	22 Karson's Special Day 	23
24 31	25 <b>NO SCHOOL Memorial Day</b>	26 Policy Council 10am	27 Sebashtian's Special Day 	28	29	30



# May



## Oswego 3

### CLASSROOM NEWS

We can't believe it's already May! We only have about a month and a half left! In April we did the Week of the Young Child, and the children had fun with the daily activities. We have been enjoying the nicer weather and getting outside as much as possible. The children all planted their own tomato seed. We will be watching them grow and planting a couple other vegetables before the end of the year. We learned about scales and heavy versus light objects. They enjoy guessing which item will be heavier. We celebrated Earth Day with a walk to clean up some litter and talked about how to help protect the Earth.

In May we will be getting some caterpillars to watch turn into butterflies and release them when they're ready. Our end of the year home visits will be starting on the 18<sup>th</sup>. A sign-up sheet will be posted the week before that. A save the date for the end of the year celebration has been sent out and more information will be coming soon. The children have grown so much since September, and we look forward to the rest of the time we get to spend with them.

-Aly, Morgan, Amber ☺



### EVENTS

5/12 Kehlani's Special Day

5/15 No School-staff meetings

5/18 Home visits begin

5/22 Karson's Special Day

5/25 No School- Memorial Day

5/26 Policy Council 10am

5/27 Sebashtian's Special Day

### TO-DO

Learning Genie Activities ☺

**IMIL Activity:**  
Play catch outside with a ball or bean bag



**Song:** 5 little monkeys swinging from a tree,  
Teasing Mr. Alligator can't catch me!  
Along came Mr. Alligator (whisper) quiet as can be  
And he (louder) snapped that monkey right out of the tree  
4 little monkeys...etc.



**Reminder:** Please make sure your child has a jacket for outside time and appropriate shoes for the playground/walks.



# Oswego HS Menu

(Menu Subject to Change) "Nut Safe"

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p><b>Crave My F.A.V.</b></p>	<p><b>**Choosy Tip of the Month!**</b></p> <p><i>Let your child choose a new fruit or vegetable at the store and try it together.</i></p>		<p><b>1</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> 100% Blended Juice, Crackers</p>
<p><b>4</b></p> <p><b>Breakfast:</b> 100% 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> Pretzel's, Skim Milk</p>	<p><b>5</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><b>6</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><b>7</b></p> <p><b>Breakfast:</b> Peaches, WG Waffle with Lite Syrup, Skim Milk</p> <p><b>Lunch:</b> Tuna Salad Wrap, Homemade Soup, Carrot Sticks w/ Dip, Berries, WG Tortilla, Skim Milk</p> <p><b>Snack:</b> Graham Crackers, Pumpkin Applesauce, Water</p>	<p><b>8</b></p> <p><b>Breakfast:</b> 100% 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><b>11</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> Har-Boiled Egg, Cheese Crackers, Water</p>	<p><b>12</b></p> <p><b>Breakfast:</b> Peaches, Yogurt, Skim Milk</p> <p><b>Lunch:</b> Turkey Sandwich, WG Bread, Cucumber Slices &amp; Carrot Sticks, Clementine, Skim Milk</p> <p><b>Snack:</b> Animal Crackers, Berries, Water</p>	<p><b>13</b></p> <p><b>Breakfast:</b> 100% 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 with Dip, WG Crackers, Water</p>	<p><b>14</b></p> <p><b>Breakfast:</b> Pears, Biscuit with Jelly, Skim Milk</p> <p><b>Lunch:</b> Mexican Dish with Meat/Cheese/Beans &amp; WG Tortilla, Shredded Lettuce, Mild Salsa, Banana, Whole Milk</p> <p><b>Snack:</b> Apples, Cheese, Water</p>	<p><b>15</b></p> <div style="border: 2px solid brown; padding: 5px; text-align: center; background-color: #4b7c2c; color: white;"> <p>NO SCHOOL FOR STUDENTS</p> </div>
<p><b>18</b></p> <p><b>Breakfast:</b> 100% Blended Juice, WG Cheerios, Skim Milk</p> <p><b>Lunch:</b> Chicken Alfredo Pasta, Broccoli, Berries, Skim Milk</p> <p><b>Snack:</b> Cucumbers w/ Dip, WG Crackers, Water</p>	<p><b>19</b></p> <p><b>Breakfast:</b> Pineapple, WG English Muffin, Skim Milk</p> <p><b>Lunch:</b> WG Pancake w Lite Syrup, Breakfast Sausage, Fruit Sauce, Potato Puffs, Skim Milk</p> <p><b>Snack:</b> Yogurt, Strawberries &amp; Sliced Bananas, Water</p>	<p><b>20</b></p> <p><b>Breakfast:</b> Melon, WG Frosted Mini Wheats, Skim Milk</p> <p><b>Lunch:</b> Grilled Cheese Sandwich, Tomato Soup, Broccoli w/ Dip, Apples, Bread, Skim Milk</p> <p><b>Snack:</b> Celery Sticks w/ Cream Cheese, Goldfish Crackers, Water</p>	<p><b>21</b></p> <p><b>Breakfast:</b> Pears, Bagel w/ Flavored Cream Cheese, Skim Milk</p> <p><b>Lunch:</b> Roast Turkey Breast, Carrots, Mashed Potatoes, WG Bread, Skim Milk</p> <p><b>Snack:</b> Graham Crackers w/ Sunflower Seed Spread, Banana, Water</p>	<p><b>22</b></p> <p><b>Breakfast:</b> Apples, WG Cinnamon Toast, Skim Milk</p> <p><b>Lunch:</b> Spaghetti w/ Sauce &amp; Meatballs, Tossed Salad, Fresh Oranges, Skim Milk</p> <p><b>Snack:</b> Homemade Muffin, Skim Milk</p>
<p><b>25</b></p> <div style="text-align: center;">  </div>	<p><b>26</b></p> <p><b>Breakfast:</b> Peaches, Yogurt, Skim Milk</p> <p><b>Lunch:</b> Scrambled Eggs &amp; Cheese, Potato Puffs, Fresh Oranges, WG Tortilla, Skim Milk</p> <p><b>Snack:</b> Cucumber Slices w/ Dip, WG Crackers, Water</p>	<p><b>27</b></p> <p><b>Breakfast:</b> Banana, WG Oatmeal, Skim Milk</p> <p><b>Lunch:</b> Tuna Salad Sandwich on Bread, Carrot Sticks w/ Dip, Mandarin Oranges, Skim Milk</p> <p><b>Snack:</b> Apple Wedges, Sunflower Spread, Raisins, Water</p>	<p><b>28</b></p> <p><b>Breakfast:</b> Applesauce, WG Pancakes, w/ Lite Syrup, Skim Milk</p> <p><b>Lunch:</b> Baked Chicken, Broccoli, Fresh Melon, Brown Rice Pilaf, Skim Milk</p> <p><b>Snack:</b> Bagel w/ Cream Cheese, Skim Milk</p>	<p><b>29</b></p> <p><b>Breakfast:</b> Clementine, Frosted Mini Wheats, Skim Milk</p> <p><b>Lunch:</b> Ham, Veggie Pasta Salad, Pineapple, Skim Milk</p> <p><b>Snack:</b> Pretzel's w/ Dip, Apple Juice</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.**



2026

## Oswego Head Start

Hello Families, A big thank you to all of you for showing up daily, week after week, to ensure your kiddo is receiving the best start on their education journey.

We are still accepting applications for the 2026-2027 program year! If you have any friends or family with children that will be 3 years old by December 1, 2026, please share!

**If your child will be attending kindergarten in the fall, please make sure that are registered. If you need any assistance, please let me know!**

If you or anyone you know is looking for employment, please check our website [WWW.OCO.ORG](http://WWW.OCO.ORG) We have various job openings within the agency.

Next Parent Connection Meeting is May 20th @ 9am. This will be our last meeting for this program year! Snacks, door prizes and fun! Hope to see you there! Please RSVP so I can plan accordingly.

Policy Council: May 26th @ 10am

Your Family Specialist,

*Becki*



Mental Health Awareness Month, observed in May, aims to raise awareness about mental health, reduce stigma, and promotes support for those struggling with mental health conditions, encouraging open conversations and access to resources.

### RESOURCES:

#### Parent Committee Officers:

Chairperson: TBD

Vice President: Hailey L.

Secretary: Christine G.

#### Policy Council Representatives

Jesdith P.

Alternate Rep

TBD

#### SAF- Abuse & Assault Hotline

315-342-1600

#### Substance Abuse Hotline

1-800-662-4357

211

#### Poison Control

1-800-222-1222

#### Contact Info:

Family Specialist Becki

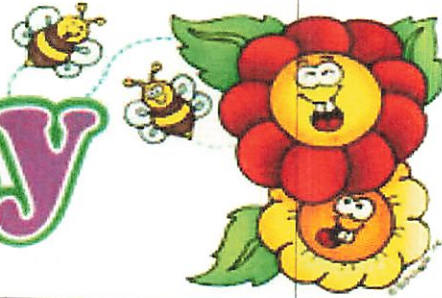
Cell Phone 315-591-3527

Center 315-342-0629 x122

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



# May



## Family Appreciation

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



Kehlani S.- 5/12



Karson H.- 5/22



Sebashtian P.- 5/27

