



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Discovery learning center 315-695-4838 Phoenix 1 Kristy & Amy	1	2	3 Sun safety with nurse Pam !	4 Coffee hour with Lisa !	5	6
7	8 <b>PAJAMA DAY!</b>	9 <b>SUPER HERO DAY!</b>	10 <b>WATER PLAY DAY!</b>	11 <b>End of the year picnic @11 am</b>	12 <b>Last day of class!</b>	13
14	15	16	17	18	19	20
21	22	23 <b>Policy council</b>	24	25	26	27
28	29	30				

# Phoenix HS Menu

(Menu Subject to Change) "Nut Safe"

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Breakfast:</b> 100% White Grape Juice, WG Kix, Skim Milk <b>Lunch:</b> Fish, French Fries, Roll, Mandarin Oranges, Skim Milk <b>Snack:</b> Berries & Pears, Cheese, Water	2 <b>Breakfast:</b> Peaches, WG Waffle w/ Lite Syrup, Skim Milk <b>Lunch:</b> Pasta with Sauce & Meat/Cheese, Tossed Salad, Green Beans, Skim Milk <b>Snack:</b> Yogurt, Banana, Water	3 <b>Breakfast:</b> Apples, Biscuit, Skim Milk <b>Lunch:</b> Chicken Wrap, Shredded Lettuce, Mild Salsa, WG Tortilla, Clementine, Skim Milk <b>Snack:</b> Hard-Boiled Egg, Broccoli w/ Dip, Water	4 <b>Breakfast:</b> 100% Apple Juice, WG English Muffin, Skim Milk <b>Lunch:</b> Sunny Butter & Jelly Sandwich on WG Bread, Cheese Stick, Broccoli w/ Dip, Fresh Oranges, Skim Milk <b>Snack:</b> Celery Sticks & Cucumbers w/ Dip, WG Crackers, Water	5 <b>Breakfast:</b> Banana, WG Life, Skim Milk <b>Lunch:</b> Pulled Pork, Baked Beans, Bun, Applesauce, Skim Milk <b>Snack:</b> Animal Crackers, Skim Milk
8 <b>Breakfast:</b> 100% Pineapple Juice, WG Frosted Mini Wheats, Skim Milk <b>Lunch:</b> Macaroni & Cheese, Stewed Tomatoes, Peaches, Skim Milk <b>Snack:</b> Graham Crackers w/ Strawberry Cream Cheese, Skim Milk	9 <b>Breakfast:</b> Banana, Yogurt, Skim Milk <b>Lunch:</b> Spanish Rice, Tossed Salad, Peas, Skim Milk <b>Snack:</b> WG Kix, Skim Milk	10 <b>Breakfast:</b> Pears, WG Pancake w/ Lite Syrup, Skim Milk <b>Lunch:</b> Chicken, Au Gratin Potatoes, Green Beans, Bread, Skim Milk <b>Snack:</b> Snack Mix, Apples, Water	11 <b>Breakfast:</b> Applesauce, Choice Egg, WG Tortilla, Skim Milk <b>Lunch:</b> Ham & Cheese Sandwich on WG Bread, Pepper Strips & Celery Sticks w/ Dip, Fresh Melon, Skim Milk <b>Snack:</b> Cottage Cheese, Pineapple, Water	12 <b>Breakfast:</b> Mandarin Oranges, WG Toast, Skim Milk <b>Lunch:</b>  Meatballs w/ Gravy, Mashed Potatoes, Corn, Bread, Skim Milk <b>Snack:</b> 100% Blended Juice, Crackers
15	16	17	18	19 
22	23	24	25	26
29	30		<b>**Choosy Tip of the Month! **</b> <i>Plan some fun, inexpensive outings this summer like your local library, farmers market or parks with playgrounds.</i>	<b>**Menu Subject to Changes Due to Using Up Food Before the End of School Year. Cooks Will Post Changes at the Center.</b>

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.**



## What We're Learning

This year has flown by! June will be filled with fun activities, outdoor play, water days, and celebrating all the progress the children have made this year. Please be sure to check our calendar for these upcoming special themed days!! We are so proud of how much everyone has grown socially emotionally and academically. We encourage families to continue to practice counting, name writing, and reading together daily! Thank you for all your support throughout the year. We hope everyone has a safe, fun, and relaxing summer!!



## Contact Information

Discovery Learning Center  
315-695-4838  
Phoenix 1  
Kristy G., Amy C., Amy T.



## Important Dates

June 5<sup>th</sup> Kaden's special day  
June 8<sup>th</sup> Wear your pjs to school!  
June 9<sup>th</sup> super hero day!!  
June 10<sup>th</sup> water play day!  
June 11<sup>th</sup> Picnic at the park  
June 12<sup>th</sup> Picnic rain date /  
Last day of class!



## Other News From the Teacher

Theme week

Pjs day- wear your favorite pjs bring a stuffy!

Super hero day – dress as and bring in your favorite super hero!

Water play day- please bring bathing suits, towels and change of clothes.





## June 2026 Phoenix Head Start

Hello Families,

I just want to take the time and thank everyone for taking your child to school every day. A special thank you to all the parents who participated in the parent connection meetings and activities throughout the year. I will be having my last coffee hour on June 4 @8:30.

This year has flown by so fast. During this school year we have had some great weather, so the children have been able to go outside almost daily.

If you have any family or friends with 3- & 4-year-old children. I am still accepting applications for the fall 2025-2026 school year.

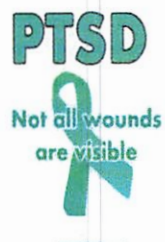
Oswego County Opportunities has job opening part-time and full-time, also SUB positions throughout the agency.

[www.oco.org](http://www.oco.org)

If you have any questions or need resources, please give me a call. Have a great summer!

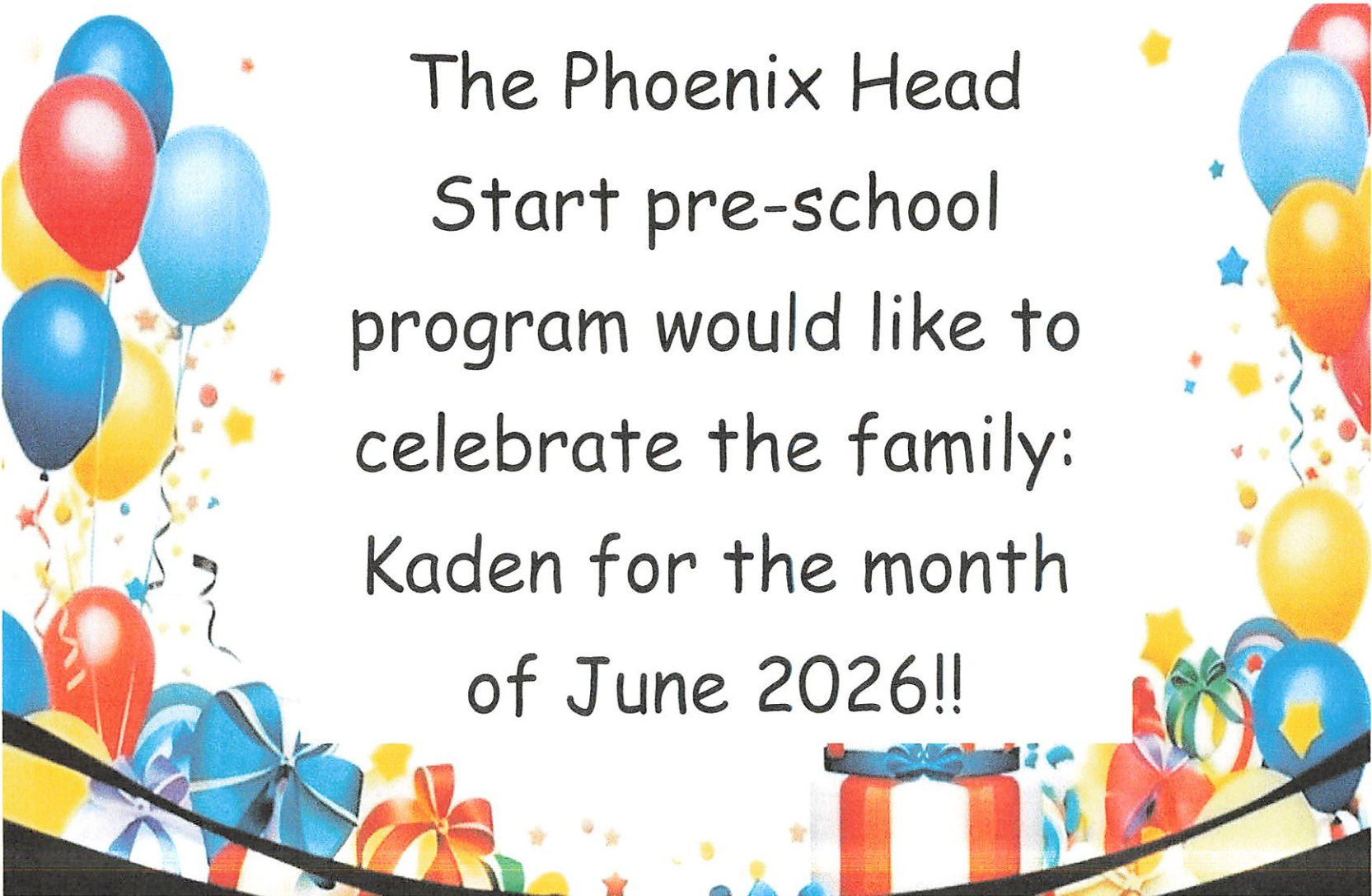
Your Family Specialist,

Lisa



June is recognized as Post-Traumatic Stress Disorder (PTSD) Awareness Month, a time dedicated to raising awareness and understanding of this condition, which can affect anyone who has experienced or witnessed a traumatic event.

PURPOSE: The month aims to increase awareness about PTSD, reduce stigma and encourage individuals to seek help if they are struggling with the conditions.



The Phoenix Head  
Start pre-school  
program would like to  
celebrate the family:  
Kaden for the month  
of June 2026!!