

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

June 2026



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Kinzley's Special Day	4 Coffee Hour with Lisa 8:30am	5	6
7	8	9	10	11 Class Picnic @ William J Farley Park @ 11am No Class	12 Last Day Of Head Start!	13
14	15	16	17	18	19	20
21	22	23 Policy Council 10am	24	25	26	27
28	28	30				

Phoenix HS Menu

(Menu Subject to Change) "Nut Safe"

June 2026

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



JUNE 2026

PHOENIX 2

Newsletter

Summer is finally here and we will be enjoying the sunshine as much as possible! We will be outdoors to play Kickball, Swat the Fly, Red Light Green Light and The Floor is Lava. There will also be a Water Play day (when depends on the weather). We will be sending home the tomato plants that your children have grown in class. This will be an exciting couple of weeks and then off to Kindergarten for most of you! Thank you for your continued support.

CLASS PICNIC

JUNE 11th

**LAST DAY of
CLASS**

June 12

**Keep an eye on
Learning Genie for
Additional
Information!**

Class Activities:

Sand art

Cloud dough

Popsicles

Journaling

Lacing

10 Frames

**Ice Cream Cone
Art**



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.

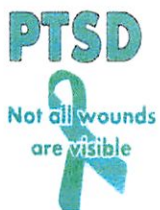
Oswego County Opportunities has job opening part-time and full-time, also SUB positions throughout the agency.

www.oco.org

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

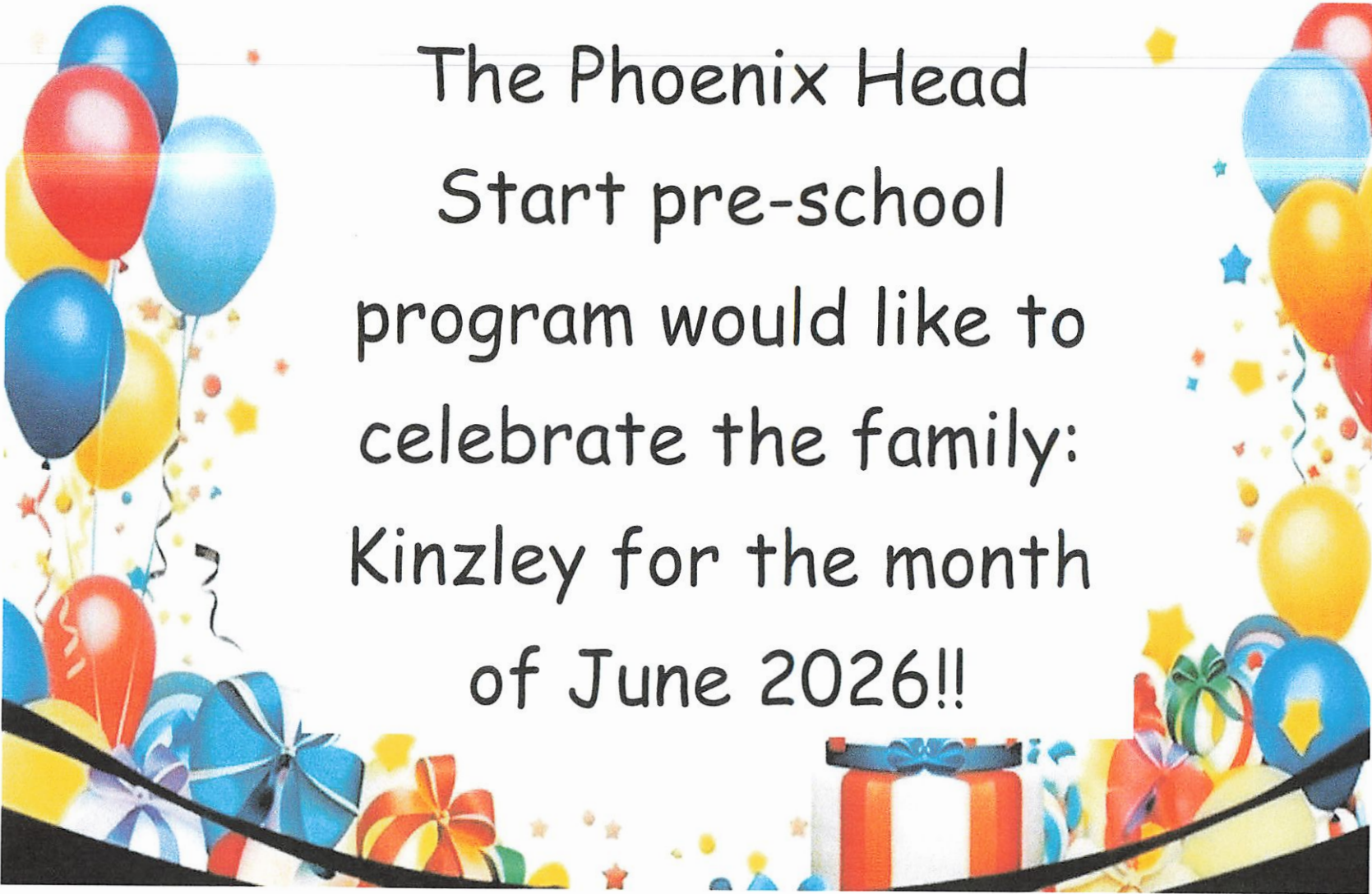
Your Family Specialist,

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:
Kinzley for the month
of June 2026!!