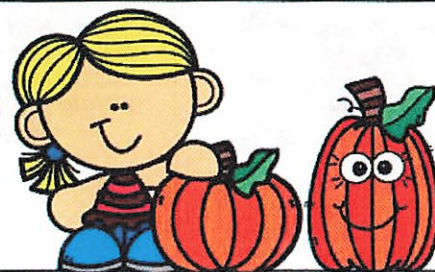


OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Oswego</u> <u>2026</u>	3			1	Head Start Block Party 3-6pm 2	3
4	5	6	7	Parent Night At Head Start 5-6:30pm 8	9	10
11	12 No School	Parent Connection Meeting 9am 13	14	15	16	17
18	19	Coffee Hour with Family Specialist 9am 20	21	Parent Connection Meeting 5pm 22	23	24
25	26	Coffee Hour with Family Specialist 9am Policy Council 10am 27	28	29	30	31

Oswego HS Menu

(Menu Subject to Change) "Nut Safe"

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Your child will do what you do. Let them see you eating healthy foods & getting physical activity every day.</i>		1 Breakfast: Applesauce, WG Muffin, 2% Milk Lunch: Chicken Parm, Pasta, Capri Vegetable Blend, Pears, 2% Milk Snack: Goldfish Crackers, 2% Milk	2  Breakfast: White Grape Juice, WG Life, 2% Milk Lunch: Cheeseburger on Bun, Beets, Peaches, 2% Milk Snack: Pretzels, 2% Milk
5 Breakfast: Apple Juice, WG Frosted Mini Wheats, 2% Milk Lunch: Crispy Fish, Baked Potato, Broccoli with Cheese, Dinner Roll, 2% Milk Snack: Graham Crackers, 2% Milk	6 Breakfast: Banana, Yogurt, 2% Milk Lunch: Ham, Scalloped Potatoes, Carrots, Rye Bread, 2% Milk Snack: Cucumbers w/ Dip, WG Crackers, Water	7 Breakfast: Orange Juice, WG Cheerios, 2% Milk Lunch: Autumn Chicken, Wild Rice, Green Beans, Mandarin Oranges, 2% Milk Snack: Fresh Apples, Cheese Stick, Water	8 Breakfast: Peaches, WG Muffin, 2% Milk Lunch: Goulash, Tossed Salad, Italian Blend Vegetables, 2% Milk Snack: Cheese Crackers, Banana, Water	9 Breakfast: Pears, Rice Krispies, 2% Milk Lunch: Cheddar Omelet, Broccoli, Breakfast Potatoes, Bread, 2% Milk Snack: WG Snack Mix, Pineapple, Water
12  NO CLASSES!	13 Breakfast: Berries, Yogurt, 2% Milk Lunch: Beef Stroganoff, Noodles, Winter Blend Vegetables, Pineapple, 2% Milk Snack: WG Triscuits Crackers, Cheese, Water	14 Breakfast: Banana, Rice Krispies 2% Milk Lunch: Sloppy Joe on Bun, Squash, Garlic Red Potatoes, 2% Milk Snack: Celery Sticks w/ Dip, WG Wheat Thins Crackers, Water	15 Breakfast: Applesauce, WG Muffin, 2% Milk Lunch: Chicken & Biscuit, Mashed Potatoes, Mixed Vegetables, 2% Milk Snack: Goldfish Crackers, 2% Milk	16 Breakfast: White Grape Juice, WG Life, 2% Milk Lunch: Meatball Sub on Bun, Beets, Catalina Blend Vegetables, 2% Milk Snack: Pretzels, 2% Milk
19 Breakfast: Apple Juice, WG Frosted Mini Wheats, 2% Milk Lunch: Pork Chop, Baked Potato, Italian Blend Vegetables, Dinner Roll, 2% Milk Snack: Graham Crackers, 2% Milk	20 Breakfast: Banana, Yogurt, 2% Milk Lunch: Spanish Rice, Cauliflower, Applesauce, 2% Milk Snack: Cucumbers w/ Dip, WG Crackers, Water	21 Breakfast: Orange Juice, WG Cheerios, 2% Milk Lunch: Turkey & Cheese on Roll, Pears, Butternut Squash Soup, 2% Milk Snack: Fresh Apples, Cheese Stick, Water	22 Breakfast: Peaches, WG Muffin, 2% Milk Lunch: Turkey Tetrazzini Pasta, Carrots, Peaches, 2% Milk Snack: Cheese Crackers, Banana, Water	23 Breakfast: Pears, Rice Krispies, 2% Milk Lunch: Glazed Meatloaf, Sweet Potatoes, Green Beans, Bread, 2% Milk Snack: WG Snack Mix, Pineapple, Water
26 Breakfast: Pineapple Juice, WG Kix, 2% Milk Lunch: Turkey & Gravy, Bread, Mashed Potatoes, Green Beans, 2% Milk Snack: Animal Crackers, 2% Milk	27 Breakfast: Berries, Yogurt, 2% Milk Lunch: Chicken Parm, Pasta, Capri Blend Vegetables, Mandarin Oranges, 2% Milk Snack: WG Triscuits Crackers, Cheese, Water	28 Breakfast: Banana, Rice Krispies 2% Milk Lunch: Macaroni & Cheese, Broccoli, Stewed Tomatoes, 2% Milk Snack: Celery Sticks w/ Dip, WG Wheat Thins Crackers, Water	29 Breakfast: Applesauce, WG Muffin, 2% Milk Lunch: Sausage Gravy, Biscuit, Hash Brown, Warm Fruit, 2% Milk Snack: Goldfish Crackers, 2% Milk	30 Breakfast: White Grape Juice, WG Life, 2% Milk Lunch: Cheeseburger on Bun, Beets, Applesauce, 2% Milk Snack: Pretzels, 2% Milk

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.



October

Oswego 3 2026

CLASSROOM NEWS

We have had a great September! The children have been doing a good job learning the rules and routine of the classroom. We have been focusing on social and emotional skills, including naming feelings, sharing, playing nicely with friends, and how to calm our bodies when upset. The children have begun doing their classroom helper jobs and are enjoying it! We started our zoophonics program and have learned letters A,B and C and the sounds that they make.

In October we will introduce "Choosy" which stands for "Choose Healthy Options Often & Start Young". Each month there will be an "I am Moving I am Learning" (IMIL) activity on the newsletter. We will be talking about healthy food choices and how to move our bodies to be healthy. We will also start the Child Protection Unit and our Second Step curriculums. We are looking forward to a great year!

IMIL Activity: Go on an "I Spy" walk outside



REMINDERS

Please make sure your child has a jacket for outside time ☺



EVENTS

10/2 Head Start Block Party

10/8 Parent Night 5-6:30pm

10/12 No school

10/13 Parent Connection Meeting 9am

10/20 Coffee Hour 9am

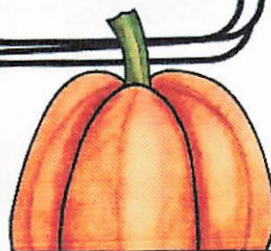
10/22 Parent Connection Meeting 5pm

10/27 Coffee Hour 9am

10/27 Policy Council 10am

TO-DO

Learning Genie Activities



Oswego 3 Staff

Aly- Teacher



My name is Aly Geers. I have a bachelor's degree in human development. I started at Head Start in 2022 as an intern in Oswego 1, while I was in college. I then moved to the Pheonix center and became a teaching assistant in 2023. In 2024 I became the lead teacher in Oswego 3, and this is my third year here in Oswego 3. I love building connections with my students and helping them achieve their goals!

Tabitha- Teaching Assistant



My name is Tabitha Wood. I have an associate's degree in business administration and am currently in school for my associate's degree in early childhood education. I started as a headstart parent just last year in Fulton. After working as a sub for a few months, I took the job as a TA in Oswego 2. I joined Aly this year in Oswego 3 and I am so excited to see what our new friends learn this year!

Laura- Classroom Aide



We have had our center float Shan filling in as our classroom aide. Within the next couple of weeks our new classroom aide Laura will be starting! Laura has a lot of experience with children. She has worked at summer camps and as a babysitter. She will be new to Head Start and is very excited to learn and to get to know the children!