



OCTOBER

In a continued effort to reduce the spread of illness between the children attending the center and/or staff we will continue to take the temperature of each child as they enter the CDC and send them immediately into the restroom to wash their hands. We will also be doing a "visual" check of each child and if we see signs/symptoms such as watery/red eyes, runny nose, flushed cheeks and a cough your child will not be able to be dropped off. If your child has allergies that may cause these symptoms you will need to bring us a note from their doctor. If your child is turned away by CDC staff they may not return for a full 24 hours and will need a doctor's note as well. Masks will still be worn inside the center.

HALLOWEEN

Because Halloween falls on Nevada Day this year and the tribe is closed, we will not be having a Halloween Party and/or Parade. The Tribe's Halloween Party is also on Thursday, October 30th and the CDC will be closed that day as well.

OCTOBER HOLDAYS!!!

*Monday, October 13th
Indigenous Peoples Day*

*Thursday, October 30th
&
Friday, October 31st
Nevada Day*

**CDC WILL BE
CLOSED!!**



CURRICULUM



Theme: FALL

We will learn about FALL COLORS, SEASONS and the HARVESTING OF FOOD. We will also do fun Halloween activities!

Academic Activities

Letters:	G & H
Numbers:	5 & 6
Color:	Orange
Shape:	Triangle



Sample of Arts & Crafts Activities

Leaf Art, Pumpkin Patch, Fall Collage, Gnomes, Handprint Candy Corn, Mummies

Daily practices include Calendar, ABC's, 123's, Colors, Shapes, Manners, Hygiene, books of the day as well as songs and rhymes



TRICK OR TREAT

With witches, goblins, and super-heroes descending on neighborhoods across America, the American Red Cross offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun.

- Walk, slither, and sneak on sidewalks, not in the street.
- Look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
- Cross the street only at corners.
- Don't hide or cross the street between parked cars.
- Wear light-colored or reflective-type clothing so you are more visible—remember to put reflective tape on bikes, skateboards, and brooms, too!
- Plan your route and share it with your family. If possible, have an adult go with you.
- Carry a flashlight to light your way.
- Keep away from open fires and candles. (Costumes can be extremely flammable)
- Visit homes that have the porch light on.
- Accept your treats at the door and never go into a stranger's house.
- Use face paint rather than masks or things that will cover your eyes.
- Be cautious of animals and strangers.



OCTOBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13 Indigenous People's Day CDC Closed	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 CDC CLOSED	31 Happy Halloween	



LAS VEGAS PAIUTE TRIBE
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OCTOBER 2025 Breakfast & Snack Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
PORTION SIZES: Milk/Juice: 1/2 cup Peanut Butter: 1tbsp Veggies/Fruit: 1/2 cup Bread: 1/2 slice						
5	6	7	8	9	10	11
	Cold Cereal Fruit Milk Teddy Grahams (11) Milk	Bagel Fruit Milk English Muffin Juice	Cold Cereal Fruit Milk Orange Slices Water	Toast Fruit Milk Cookie Milk	Cold Cereal Fruit Milk Granola Bar Milk	
12	13	14	15	16	17	18
	Cold Cereal Fruit Milk Celery Sticks Peanut Butter	Raisin Bread Toast Fruit Milk Applesauce Water	Cold Cereal Fruit Milk 1/2 Banana Water	French Toast Sticks Fruit Milk Orange Slices Saltine Crackers (4)	Cold Cereal Fruit Milk Granola Bar Milk	
19	20	22	22	23	24	25
	Cold Cereal Fruit Milk Graham Crackers Milk	Pancakes Fruit Milk Cookie Juice	Cereal Fruit Milk Grapes Goldfish Crackers Water	Cinnamon Toast Fruit Milk Bread/Peanut Butter Water	Cold Cereal Fruit Milk Granola Bar Milk	
26	27	28	29	30	31	
	Cold Cereal Fruit Milk Apple Slices Milk	Toast Fruit Milk Yogurt (2 oz) Juice	Cold Cereal Fruit Milk Carrot Sticks w/ ranch	Waffles Fruit Milk Strawberries Club Crackers (2)	Cold Cereal Fruit Milk Crackers w/Peanut Butter (4)	



OCTOBER 2025 Lunch Menu



Sun	Mon	Tue	Wed	Thurs	Sat
PORTION SIZES: Milk: 3/4 cup Meat: 1-1/2 oz. Veggies/Fruit: 1/2 cup Grain/Bread: 1/4 cup	On SPECIAL ACTIVITY days lunch will be purchased from outside sources				
5	6	7	8	9	10
Swedish Meatballs w/ Noodles Broccoli Applesauce Milk	White Mac & Cheese w/Hidden Cauli Broccoli Pears Milk	Chicken Parm w/ Veggie Spaghetti Banana Milk	Tortellini Bolognese Green Beans Peaches Milk	Mac & Cheese w/Hidden Butternut Squash Pears Milk	Chicken Bites w/ Super Veggies Apples Milk
12	13	14	15	16	17
Turkey Meatballs w/ Alfredo Bow Ties Broccoli Mixed Fruit Milk	Chicken & Tortellini Broccoli Apples Milk	French Toast Sticks Scrambled Eggs Peaches Milk	Chicken Bites w/Mac & Cheese Green Peas Oranges Milk	Creamy Bacon Tortellini Fava Beans & Carrots Oranges Milk	Beef Taco Pockets Corn Pears Milk
19	20	21	22	23	24
Chicken Meatballs w/White Mac & Cheese Green Beans Peaches Milk	Banana Pancake Puffs Sausage Sweet Taters Oranges Milk	Bolognese Carrots Tropical Fruit Milk	Spaghetti & Meatballs w/Veggie Sauce Pears Milk	Butter Chicken w/Rice & Peas Mini Naan Applesauce Milk	
26	27	28	29	30	31
Chicken Meatballs w/ Spiral Pasta Broccoli/Cauliflower Banana Milk	Cheesy Ravioli Green Beans Peaches Milk	Scrambled Eggs & Sausage w/Potatoes Mixed Fruit Milk	Mac & Cheese w/Hidden Butternut Squash Pears Milk	Chicken Bites w/ Super Veggies Apples Milk	

Encourage Your Child to Eat Smart and Move More

BE PATIENT

Young children may not be interested in trying new foods. Offer a new food more than once. It sometimes takes up to ten tries before a child will like a new food.

BE A PLANNER

Most children need a snack or two in addition to three regular daily meals. Plan and schedule meals and snacks so that children have a routine.

BE A GOOD ROLE MODEL

What you do can mean more than what you say. Your child learns from you about what to eat and how to move. Eat meals with your children whenever possible. Walk, run,

and play with your children, don't just sit on the side lines. A family that is physically active together has lots of fun!

BE ADVENTUROUS

At the grocery store, ask your child to choose a new vegetable or fruit. At home let them help wash and prepare the food. Encourage all family members to enjoy a variety of foods.

BE CREATIVE

Get your children involved in food preparation. Children are more likely to try new foods if they help get them to the table.



The Breakfast Club

Your mother always told you that breakfast was the most important meal of the day. Well, she was right. Children do better in school when they have a good breakfast. Getting children ready, yourself ready...it's a lot to do in the morning. However, the first meal of the day does not have to be a hassle. It can be quick, fun, and eaten on the run if necessary.

Here are a few tips for you and your family to break the fast:

- A peanut butter and banana sandwich and glass of milk is a favorite of young ones. It gives them calcium, protein, and one serving of fruit.
- Top cold or hot cereal with fresh or canned fruit.
- Serve 100% fruit or vegetable juice.
- A cereal bar and milk make a great, quick, on the run breakfast when you don't have time for a sit-down meal.
- Yogurt in a "to-go" tube is a good way to get a quick dose of calcium.
- Bagels with fruit spread or low-fat cream cheese are great on the go.
- Make egg sandwiches the night before, wrap tightly in plastic wrap and microwave to warm slightly in the morning for a quick breakfast.



Indoor Play

It's raining, it's cold, it gets dark too early, and you feel your neighborhood is unsafe. All these point to the need to be physically active indoors. Make a fun area in the house for indoor play. Be creative so your children can stay active even if they cannot go outdoors.

- Turn on the music and dance. (Dance like a bird, elephant and other animals).
- Build a fort under the table or in a large box.
- Play on the stairs.
- Hop on one foot, hop on both feet, spin in a circle, call out different moves for your child to try.
- Play limbo using a broom and music.
- Play running games. Place a target (pillow or placemat) on the floor and ask children to run around and over it.



Color Me Healthy Parent Bulletin Board

It's cold out...start your day with warm cereal. Oatmeal, grits, or cream of wheat are almost as quick as cold cereal. Try using fruit such as applesauce, peaches, or berries as a topping instead of sugar.

Is your child a healthy weight? Check out their status at <http://apps.nccd.cdc.gov/dnpabmi/>.

Balance your food choices over time. Not every food has to be "perfect." When eating a food high in fat, salt, or sugar, select other foods that are low in these ingredients. Your food choices over several days should fit together into a healthy pattern.



Kids Kitchen

This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.

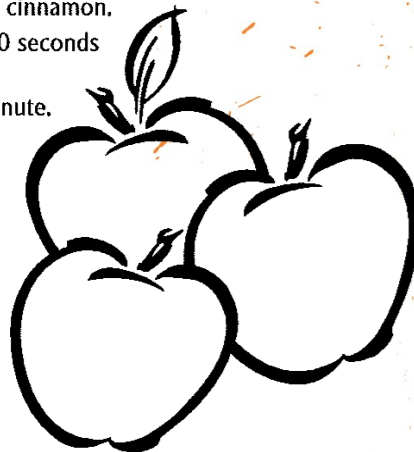
Baked Apples

INGREDIENTS

- 2 apples
- 2 tablespoons brown sugar
- 1 tablespoon cinnamon

INSTRUCTIONS

1. Peel apples.
2. Cut apples into 1" pieces.
3. Sprinkle apple pieces with brown sugar and cinnamon.
4. Microwave for 30 seconds until soft.
5. Let cool for 1 minute.



Food For Families On The Go

Impossibly Easy Cheeseburger Pie *6 servings*

INGREDIENTS

- 1 pound extra-lean ground beef
- 1 cup chopped onion
- 1/2 teaspoon salt
- 1 cup shredded fat-free Cheddar cheese
- 1/2 cup Reduced Fat Bisquick
- 1 cup skim (fat-free) milk
- 2 eggs

Prep Time: 20 minutes
Cook Time: 25 minutes
Calories per serving: 314
Fat per serving: 14 grams

INSTRUCTIONS

1. Heat oven to 400 degrees.
2. Coat 9" pie plate with non-fat cooking spray.
3. Cook ground beef and onion until beef is brown; drain.
4. Stir in salt.
5. Spread in pie plate and sprinkle with cheese.
6. In a medium bowl, stir remaining ingredients until blended; Pour into pie plate over beef mixture.
7. Bake 25 minutes or until a knife inserted in center comes out clean.

Color Me Healthy brought to you by...

