



MARCH



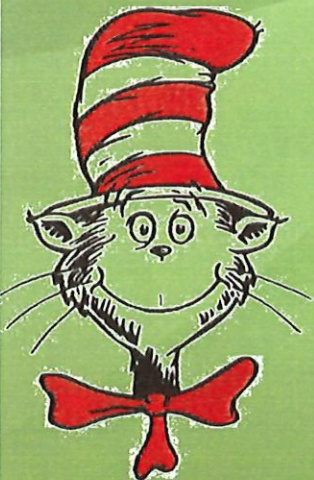
In a continued effort to reduce the spread of illness between the children attending the center and/or staff we will continue to take the temperature of each child as they enter the CDC and send them immediately into the restroom to wash their hands. We will also be doing a “visual” check of each child 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.

APPROPRIATE CLOTHING

Please make sure your child has a change of clothing that is appropriate for this time of year and one that fits them! Please remember to send a blanket for nap time.

DR. SEUSS’ BIRTHDAY

We will be reading Dr. Seuss books and doing arts & crafts projects in honor of him.



ST. PATRICK’S DAY
MONDAY, MARCH 17TH

DON’T FORGET TO WEAR GREEN!!



CURRICULUM



Theme: **SPRING**

We will learn about the season **SPRING**, **BABY ANIMALS**, **LEPRECHAUNS & SHAMROCKS** and **DR. SEUSS' BIRTHDAY**

Sample Arts & Crafts

Dr. Seuss Bday, Spring,
Leprechauns & Shamrocks



Academic Activities

Letters: Q & R
Numbers: 15 & 16
Color: Green
Shape: Oval



Daily Practices

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



THE MANY BENEFITS OF EXERCISE

Everyone can benefit from regular exercise. A child who is active will:

- Have stronger muscles & bones
- Be less likely to become overweight
- Decrease the risk of developing type 2 diabetes
- Lower blood pressure & cholesterol
- Have a better outlook on life

Children who are physically fit, sleep better and are better able to handle the physical and emotional challenges a typical day presents.

HOW MUCH EXERCISE IS ENOUGH?

The percentage of children who are overweight has more than doubled over the past 30 years. The average child is watching about 3 hours of television a day, and spending 5 1/2 hours on all media combined. In other words, children are sitting around a lot more than they used to.

All children 2 years and older should get 60 minutes of moderate to vigorous exercise on most (preferably all) days of the week. In addition children and their families should be on a healthy balanced diet, eating more fruits, vegetables, and whole grains.



RAISING A FIT KID

Physical activity with a healthy diet is the key to a healthy lifestyle. Here are some tips for raising a fit kid:

Help your child participate in a variety of activities that are right for their age

Establish a regular schedule for physical activity

Incorporate activity into their daily routine, such as taking the stairs instead of the elevator

Embrace a healthier lifestyle yourself, so you'll be a positive role model for your family

Keep it fun so you can count on your child to come back for more



MARCH



SUN	MON	TUE	WED	THU	FRI	SAT
						1
Happy Birthday  Dr. Seuss	3	4	5	6	7	8
9	10	11	12	13	14	15
16		18	19	20	21	22
23	24	25	26	27	28	29
30	31					



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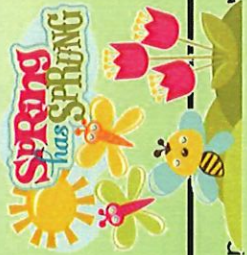


MARCH 2025 Breakfast & Snack Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Cold Cereal Fruit Milk Celery Sticks Peanut Butter	4 Raisin Bread Toast Fruit Milk Applesauce Water	5 Cold Cereal Fruit Milk 1/2 Banana Water	6 French Toast Sticks Fruit Milk Orange Slices Saltine Crackers (4) Water	7 Cold Cereal Fruit Milk Granola Bar Milk	8
9	10 Cold Cereal Fruit Milk Graham Crackers Milk	11 Pancakes Fruit Milk Cookie Juice	12 Cereal Fruit Milk Grapes Goldfish Crackers	13 Cinnamon Toast Fruit Milk Bread/Peanut Butter Water	14 Cold Cereal Fruit Milk Granola Bar Milk	15
16	17 Cold Cereal Fruit Milk Apple Slices Milk	18 Toast Fruit Milk Yogurt (2 oz) Juice	19 Cold Cereal Fruit Milk Carrot Sticks w/ ranch	20 Waffles Fruit Milk Strawberries Club Crackers (2) Water	21 Cold Cereal Fruit Milk Crackers w/Peanut Butter (4) Milk	22
23	24 Cold Cereal Fruit Milk Teddy Grahams (11) Milk	25 Bagel Fruit Milk English Muffin Juice	26 Cold Cereal Fruit Milk Orange Slices Water	27 Toast Fruit Milk Cookie Milk	28 Cold Cereal Fruit Milk Granola Bar Milk	29
30	31 Cold Cereal Fruit Milk Celery Sticks Peanut Butter					PORTION SIZES: Milk/Juice: 1/2 cup Peanut Butter: 1tbsp Veggies/Fruit: 1/2 cup Bread: 1/2 slice Cereal: 1/3 cup

MARCH 2025 Lunch Menu



Sur

Th

Fri

Sat

Sun

2	3	4	5	6	7	8
	Turkey Meatballs w/ Alfredo Bow Ties Broccoli Mixed Fruit Milk	**SPECIAL LUNCH**	French Toast Sticks Scrambled Eggs Peaches Milk	**SPECIAL LUNCH**	Chicken Bites w/Mac & Cheese Green Peas Oranges Milk	
9	10	11	12	13	14	15
	Chicken Meatballs w/White Mac & Cheese Green Beans Peaches Milk	**SPECIAL LUNCH**	Bolognese Carrots Tropical Fruit Milk	**SPECIAL LUNCH**	Spaghetti & Meatballs w/Veggie Sauce Pears Milk	
16	17	18	19	20	21	22
	Chicken Meatballs w/ Spiral Pasta Broccoli/Cauliflower Oranges Milk	**SPECIAL LUNCH**	Waffle Sticks w/Bacon & Egg Scramble Mixed Fruit Milk	**SPECIAL LUNCH**	Cheesy Ravioli Green Beans Peaches Milk	
23	24	25	26	27	28	29
	Chicken Breast w/ Tortellini Broccoli Applesauce Milk	**TACO TUESDAY**	Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk	**SPECIAL LUNCH**	Chicken Bites Super Veggies Pineapple Milk	
30	31					
	Turkey Meatballs w/ Alfredo Bow Ties Broccoli Mixed Fruit Milk					On SPECIAL ACTIVITY days lunch will be purchased from outside sources
						PORTION SIZES: Milk: 3/4 cup Meat: 1-1/2 oz. Veggies/Fruit: 1/2 cup Grain/Bread: 1/4 cup



Color Me Healthy NEWS

preschoolers moving & eating healthy

MARCH

Go With H²O

What is the substance that contains no calories, makes up 60 percent of our body weight and is practically free? The answer is WATER. Two thirds of our bodies are composed of water, making it the body's most vital nutrient.

Many people underestimate their need for water. It is recommended that we drink 8 to 10 glasses per day. Why is water so valuable?

- Helps your body digest food and absorb nutrients
- Keeps your body working properly
- Carries away bodily waste
- Cools the body through perspiration

But I don't like the taste, you may say? Become the master of disguise and mix lemon or lime slices in your water cup. Perhaps a splash of fruit juice to liven the taste. Inspire yourself and your children by using a favorite water bottle. Try making water a drink option at mealtime or snacks. Offer children water when they want to snack just before a scheduled meal. Often we think we are hungry when we are really thirsty!



I Don't Like It!

We have all heard that before. Children are constantly deciding what they do and don't like. They sometimes make up their minds that they are not going to like it before they even taste a food. Try introducing your child to different forms of a food to peak their interest. At snack time let your child choose raw apple, apple juice, applesauce or a small amount of all three. Have a tasting party. Talk about the different textures, tastes, and colors. Discuss the one they like the best and why. You can also do this with orange juice and orange slices. Try the same experiment with cooked and raw carrots or cooked and raw broccoli. They will be surprised how different they taste. Helping children experience all the different tastes foods have to offer will help them enjoy a wide variety of foods.



Go Outside And Play As A Family

To have a strong body, your child needs to be active! Here are some ways you and your child can play together outdoors:

- Play running games. Make a target in the yard and ask your child to run around and over it. Invite children from the neighborhood to join in the fun.
- Walk together often. Walking is a great activity to do together, no matter what season. A walk in the snow, picking spring flowers, a summer evening stroll or looking at fall leaves are all fun. Walking is a treat for your kids.
- Ride bikes together. Cycling gets you out in the fresh air, leaving you feeling invigorated and feeling great.
- Go swimming together as a family. If you find it difficult or painful to do weight-bearing physical activities, you will enjoy the ease of moving in the water.
- Pick strawberries, blueberries or fresh vegetables.

Color Me Healthy
Parent Bulletin Board

Try cooking vegetables in a different way. Most kids like them raw or slightly cooked. Offer vegetables steamed, grilled, broiled, or tossed with pasta. Add vegetables to spaghetti sauces, chili, and soups.

The most important time for children to brush their teeth is right before they go to bed.

When going to the store, park your car further away from the building and walk. Every step counts towards your physical activity goals.



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.

Frozen Apple Sauce and Fruit Cup

INGREDIENTS

- 1 cup apple sauce
- 10-ounce package frozen strawberries, thawed
- 11-ounce can mandarin orange segments, drained
- 1 cup grapes
- 2 tablespoons orange juice concentrate

INSTRUCTIONS

1. In a medium bowl, combine all ingredients.
2. Spoon fruit mixture into individual dishes or paper cups.
3. Freeze until firm. Remove from freezer about 30 minutes before serving.



Food For Families On The Go



Stuffed Bell Peppers 4-6 servings

INGREDIENTS

- 1 pound lean ground turkey
- 1/3 cup finely chopped onion
- 1 can (15-ounce) tomato sauce (divided)
- 1/4 cup water
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup uncooked instant rice
- 4 medium green peppers

Prep Time: 30 minutes

Cook Time: 15 minutes

Calories per 1/2 bell pepper: 130

Fat per 1/2 bell pepper: 5 grams

INSTRUCTIONS

1. Crumble turkey into a 1 1/2 quart microwave safe bowl; add the onion.
2. Cover and microwave on high for 3-4 1/2 minutes or until meat is browned; drain.
3. Stir in 1/2 can of tomato sauce, water, salt, and pepper.
4. Cover and microwave on high for 2-3 minutes.
5. Stir in rice; cover and let stand for 5 minutes.
6. Remove tops and seeds from the peppers; cut in half length-wise.
7. Stuff with the meat mixture.
8. Place in an ungreased, microwave safe, shallow, baking dish.
9. Spoon remaining tomato sauce over peppers, cover and microwave on high for 12-15 minutes or until peppers are tender.
10. Let stand for 5 minutes before serving.

Color Me Healthy brought to you by...

