



# Discoveryland News

It's time to fall in love with the season! Oh, how I love the change in the weather. The boots, scarves, and sweaters come out of storage, and all the decorations are up! Time to start getting ready for the months ahead of celebrations and family. Our school is busy with little hands working on projects and hands-on activities. We are seeing new ones getting adjusted. New friendships are being made, and old friendships kindled. I love the innocence of children and it inspires me to take a step back and relish the little things and look at life in a less complicated way. Thank you for sharing your little ones with us. They are an extension to our own families, and we hope you feel the same.



This month is still a time of adjustment period for some, and for the classes as a whole as well since we continue to get new students weekly. Thank you to the parents who continue to support our school by referring us to friends and family. Make sure you let the office know so you can get your referral credit.



October 5 is picture day. I always enjoy see the children dressed up. They are so cute.

October 22 is our Pumpkin Patch field trip. Please make

sure you have the permission slips in to the office the week before. This is always a fun time, and we have love spending time with your families as well. You will be receiving a detailed letter from your home room teachers soon.



October 31 is our dress up day. Have fun with this. Please, no scary costumes or weapons.

Last but not least, we are beginning a time when illnesses are showing up. There will be coughs and colds, running noses and fever. Please remember to eat healthfully, get plenty of sleep, and wash hands. I know we can't keep all germs away, but doing your part while we do ours does help. We also ask you to respect our sick policy. It helps us all stay healthier.

Have a wonderful October. Enjoy the changes mother earth brings to us and maybe you will find something that needs changing within yourself. I am blessed to have each of you in my life.

Ms. Penny Corpus, Director



Dates to Remember

October

- 1 Re-registration
- 5 Picture Day
- 22 Field Trip Pumpkin Patch to Spina Farms - 10am
- 31 Costume Day

November

- 1 Parent Evaluation
- 4 Daylight Savings time ends
- 5-16 Parent and Teacher Conferences Week
- 21 Harvest Fest Potluck - 11:30 - School out 1pm
- 22-23 Thanksgiving Break - Closed



- 1 **Mikaela Corpuz (Rm 1)**
- 2 **Daisie Nguyen (Rm )**
- 22 **Landon Gardina (Rm 1)**

Discoveryland  
Preschool

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Penny Corpus, Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheerios, Fresh Fruit & Milk  <i>Lasagna, Green Salad, Garlic Bread, Fresh Fruit &amp; Milk</i>  Vanilla Wafers, Milk & Apple Juice	2 Pancakes, Fresh Fruit & Milk  <i>Tostaditas, Spanish Rice, Beans, Corn, Fresh Fruit &amp; Milk</i>  Cheez-It Crackers & Cranberry Juice	3 Blueberry Muffins, Fresh Fruit & Milk  <i>ABC Soup, <b>Chik'n Sandwich</b>, Mix Vegetables, Fresh Fruit &amp; Milk</i>  Animal Crackers, Milk & Pineapple Juice	4 Bagels w/Cream Cheese, Fresh Fruit & Milk  <i>Turkey Strips, Fried Rice, Mix Vegetables, Fresh Fruit &amp; Milk</i>  Ritz Crackers & Grape Juice	5 Corn Chex Cereal, Fresh Fruit & Milk  <i>Fishless Sandwich, Curly Fries, Fresh Fruit &amp; Milk</i>  Graham Crackers, Milk & Mango Juice
8 Corn Chex Cereal Fresh Fruit & Milk  <i>Penne Rigate w/ Marinara Sauce, Toss Salad, Garlic Bread, Fresh Fruit &amp; Milk</i>  Graham Crackers, Milk & Cranberry Juice	9 Egg & Cheese, Croissant, Fresh Fruit & Milk  <i>Bean &amp; Cheese Burrito, Green Bean, Spanish Rice, Fresh Fruit &amp; Milk</i>  Wheat Thins Crackers & Apple Juice	10 Egg & Cheese Croissant, Fresh Fruit & Milk  <i>Beef Chalupas, Carrots, Fresh Fruit &amp; Milk</i>  Vanilla Wafers, Milk & Grape Juice	11 French Toast, Fresh Fruit & Milk  <i>Beef Chunks, Broccoli, Steam Rice, Fresh Fruit &amp; Milk</i>  Goldfish Crackers & Pineapple Juice	12 Cheerios, Fresh Fruit & Milk  <i>Pizza, Tater Tots, Fresh Fruit &amp; Chocolate Milk</i>  Pita Bread w/Strawberry Jam & Mango Juice
15 Corn Chex Cereal, Fresh Fruit & Milk  <i>Spaghetti w/Garlic &amp; Butter Sauce, Celery, Garlic Bread, Fresh Fruit &amp; Milk</i>  Vanilla Wafers, Milk & Grape Juice	16 Cinnamon Toast, Fresh Fruit & Milk  <b>Chik'n Salad Wrap, Broccoli, Fresh Fruit &amp; Milk</b>  Cheez-It Crackers & Pineapple Juice	17 Cheerios, Fresh Fruit & Milk  <b>Chik'n Nuggets, Carrots, Strawberry Jam Sandwich, Fresh Fruit &amp; Milk</b>  Animal Crackers, Milk & Cranberry Juice	18 Bagels w/Cream Cheese Fresh Fruit & Milk  <i>Corn Dogs, Celery, Fresh Fruit &amp; Milk</i>  Ritz Cracker & Apple Juice	19 Raisin Bran Cereal Fresh Fruit & Milk  <i>Cheese Burger, Curly Fries, Fresh Fruit &amp; Milk</i>  Belvita Crackers, Milk & Orange Juice
22 Cheerios, Fresh Fruit & Milk  <i>South of the Border Pasta, Carrots, Garlic Bread, Fresh Fruit &amp; Milk</i>  Yogurt w/Granola, Fresh Fruit & Apple Juice	23 Egg & Cheese Croissant, Fresh Fruit & Milk  <i>Cheese Quesadilla, Green Beans, Spanish Rice, Beans, Fresh Fruit &amp; Milk</i>  Wheat Thins Crackers & Grape Juice	24 French Toast, Fresh Fruit & Milk  <i>Beef Torta, Lettuce &amp; Tomato, Fresh Fruit &amp; Milk</i>  Graham Crackers, Milk & Mango Juice	25 Blueberry Muffins, Fresh Fruit & Milk  <i>Teriyaki Burger, Broccoli, Steam Rice, Fresh Fruit &amp; Milk</i>  Goldfish Crackers & Cranberry Juice	26 Corn Chex Cereal, Fresh Fruit & Milk  <i>Hot Dogs Sandwich, Tater Tots, Fresh Fruit &amp; Chocolate Milk</i>  Vanilla Wafers, Milk & Pineapple Juice
29 Raisin Bran Cereal, Fresh Fruit & Milk  <i>Linguini w/Pesto Sauce, Toss Salad, Garlic Bread, Fresh Fruit, Milk</i>  Animal Crackers, Milk, & Mango Juice	30 Pancake, Stripples, Fresh Fruit & Milk  <i>Cheese Enchiladas, Green Beans, Spanish Rice, Fresh Fruit &amp; Milk</i>  Cheez-It Crackers & Apple Juice	31 Egg & Cheese English Muffins, Fresh Fruit & Milk  <b>Chik'n Salad Wrap, Cucumber, Fresh Fruit &amp; Milk</b>  Graham Crackers, Milk & Orange Juice		

**Roasted Autumn Vegetables**

*(Nutritional value determined by what you see.)*

*Try: parsnips, carrots, potatoes, onions, beets, squash.*

*Preheat oven to 450° (veggies will caramelize better in a hot oven rather than one that is warming up). Cut veggies into chunks, roughly the same size for even cooking time, and lightly toss with a bit of olive oil. Sprinkle with rosemary or thyme, salt and pepper. Spread on baking sheet. Cook for 20-45 minutes, tossing once or twice, until tender and golden.*

*Want a main dish? Cook pasta and toss with the roasted veggies. Top with a little olive oil and dash of lemon juice and bit of Parmesan cheese.*

**Healthy Living ~ Healthy Life**  
*Teach healthy habits by example; eat well, exercise daily, stop bad habits and de-stress.*

*Show your family that good choices lead to a healthy lifestyle.  
Enjoy the life you have!*

