



Discoveryland News



“Love one another as I have loved you.” This is one of my favorite Bible verses. It is such a good reminder to us that God’s love is greater than any of us can imagine, and for us to remember to treat others with the same love and respect that he shows us on a daily basis.



It’s February and LOVE is the main theme for us this month. Valentines can be a tough time for kids. Schools are passing out notes and goodies to friends. And sometimes children get left out. They want to be choosy and only share and give to those who they consider their good friends. We can help our children remember that we are friends at school.



Our class is like our family and we want to share love with everyone. So parents, when picking out and choosing items for Friendship day, let us remember to include the whole class. I good tip is to also have your child write their name on the tags, so kids know who it is from. **But don’t write the individual names of classmates on the treats. This time consuming for you and your child’s teacher, we want our friendship day to be full**

of fun and enjoy having friends that we love so much.

YEAR OF THE ROOSTER - 2017



I would also like to wish all of you a very happy Lunar New Year! We will be celebrating on February 10th with our traditional Lion Dance here at school. You are welcome to join us.



School will be CLOSED Monday, February 20th, in honor of Presidents’ Day.

We will begin our reading program on February 22. Reading with your child promotes so many good things and high on that list is developing a great bonding experience for you and your child. We are encouraging you to read to your child nightly and record what you have read. We will have an awards ceremony in March to recognize each child and the effort they took in reading each day with a special prize! Please remember to check the box for very important dates.

Thank you for allowing us to **show God’s love to your little people.** Have a happy love filled February.

Love,
Ms. Penny Corpus, Director

Dates to Remember

February

- 14 Friendship Day
- 20 No School – Presidents Day Holiday
- 21 Reading Program Begins

March

- 2 Dr. Seuss Day
- 12 Daylight Savings
- 17 Green Day
- 31 Reading Award Chapel at 10am



- 3 Ms. Janet (Teacher)
- 17 Paxon Bay (Rm 2)
- 19 Morgan Calata (Rm 2)
- 25 Ms. Toni (Sub-Teacher)
- 25 Ms. Jenell (Sub-Teacher)

Discoveryland
Preschool

1991 Landess Avenue
Milpitas, CA 95035
(408) 263-2568

www.milpitasdiscoveryland.org

License #430 700 419

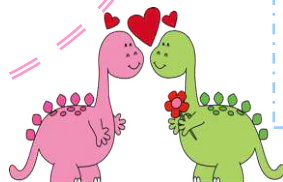
Penny Corpus, Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 English Muffins, Fresh Fruit, & Milk Chik'n Nuggets , Green Beans, Wheat Bread, Fresh Fruit, & Milk Granola, Yogurt, & Mango Juice	2 French Toast, Fresh Fruit, & Milk <i>Teriyaki Hamburger, Steam Rice, Mix Vegetables, Fresh Fruit, & Milk</i> Vanilla Wafers, Milk & Cranberry Juice	3 Corn Chex, Fresh Fruit, & Milk <i>Grilled Cheese Sandwich, Curly Fries, Fresh Fruit, & Milk</i> Wheat Thins & Orange Juice
6 Raisin Bran Cereal, Fresh Fruit, & Milk <i>Cheese Ravioli w/Alfredo Sauce, Toss Salad, Garlic Bread, Fresh Fruit, & Milk</i> Graham Crackers, Milk, & Grape Juice	7 Waffles, Fresh Fruit & Milk <i>Beans & Cheese Burrito, Broccoli, Spanish Rice, Fresh Fruit, & Milk</i> Ritz Cheese Dip Crackers & Mango Juice	8 Mini Muffins, Fresh Fruit, & Milk <i>Chili Beans, Corn Bread, Green Beans, Fresh Fruit, & Milk</i> Goldfish Crackers & Cranberry Juice	9 Bagels w/Cream Cheese, Fresh Fruit, & Milk Chik'n Divan, Peas & Carrots , Bread Rolls, Fresh Fruit, & Milk Pita Bread w/Cream Cheese and Jam & Apple Juice	10 Cheerios, Fresh Fruit, & Milk <i>Pizza w/Sausage, Tater Tots, Fresh Fruit, & Chocolate Milk</i> Triscuit Crackers & Orange Juice
13 Corn Chex Cereal, Fresh Fruit, & Milk <i>Lasagna, Green Salad, Sliced Bread, Fresh Fruit, & Milk</i> Cheese-it Crackers & Mango Juice	14 Pancakes, Fresh Fruit, & Milk <i>Crunchy Tacos, Spanish Rice, Beans, Corn, Fresh Fruit, & Milk</i> Animal Crackers, Milk, & Cranberry Juice	15 Egg & Cheese Burritos, Fresh Fruit & Milk <i>Tortas, Broccoli, Fresh Fruit, & Milk</i> Ritz Crackers w/Sliced Cheese & Apple Juice	16 Cinnamon Toast, Fresh Fruit, & Milk Chik'n Chow Mein, Mix Vegetables , Fresh Fruit, & Milk Wheat Thins & Orange Juice	17 Raisin Bran, Fresh Fruit, & Milk <i>BLT Stipples Sandwich, Curly Fries, Fresh Fruit, & Milk</i> Goldfish Crackers & Cranberry Juice
20 Presidents Day SCHOOL CLOSED	21 Waffles, Stripples, Fresh Fruit, & Milk <i>Cheese Quesadilla, Broccoli, Spanish Rice, Fresh Fruit, & Milk</i> Vanilla Wafers, Milk, & Apple Juice	22 Mini Muffins, Fresh Fruit & Milk ABC Soup, Chik'n Sandwich , Peas & Carrots, Fresh Fruit, & Milk Granola Bars, Yogurt, & Cranberry Juice	23 Bagel w/Butter, Fresh Fruit, & Milk Fried Rice w/Egg, Turk'y Strips , Green Beans, Fresh Fruit, & Milk Ritz Cheese Dip Crackers & Mango Juice	24 Cheerios, Fresh Fruit & Milk <i>Cheese Burger, Curly Fries, Fresh Fruit, & Chocolate Milk</i> Cheese-it Crackers & Grape Juice
27 Cheerios, Fresh Fruit, & Milk <i>Spaghetti w/Marinara Sauce, Toss Salad, Sliced Bread, Fresh Fruit, & Milk</i> Animal Crackers, Milk, & Apple Juice	28 Waffles, Fresh Fruit, & Milk <i>Haystacks, Corn, Spanish Rice, Fresh Fruit, & Milk</i> Pita Bread w/Cream Cheese & Jam & Cranberry Juice			



Eating for Heart Health...
RED Alert! Be HEART Smart!
You are the HEART of your home. More women die from heart disease every year than from all cancers.

Feed your heart: fish, oats, beans, chia seeds, berries, nuts, olive oil, broccoli, and dark greens. And reduce sugars, salt, and processed foods.



Super Easy Chili and Chili Mac

Open 5-6 cans of beans: 1 – 2 cans of chili beans in sauce. 4 cans of (rinsed and drained) white, black, pinto and/or butter beans. Put all beans into large pot. Add in 1 can of diced tomatoes. Heat over medium heat until bubbly. Stir in pepper and cumin to taste. Top with a little bit of shredded cheese. For chili Mac – serve over cooked macaroni. Add ground beef or ground turkey, canned chilies or cooked onions – if desired.

(Note: Nutritional value varies depending on ingredients.)