

# Petunia Tot Family Child Care

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[www.petuniatot.com](http://www.petuniatot.com)

*Blooming for the future*

## FEBRUARY 2019

- Parents please have the children wear their school shirts on any day but always on **Friday's**.
- Upcoming closures: 2/18/19 Presidents Day
- New items will be posted Friday 2/15/19 on the website. Lunch menu for the next two weeks, children photos, recipe and parent information material.
- Please remember to take home blanket/sheet on Friday's. If you have a scheduled day off on Friday take home the items on Thursday. Please ask for them if staff forgets to remind you. Remember to label your bag with child's name. This same bag will be given to you every Friday.
- Parents please check your child's cubby to make sure we have sufficient change of clothing and that we have the right size if the clothing hasn't been used in awhile.
- Parents who belong to Options please sign your timesheet before the end of the month and review to make sure your signature is on Time In & Time Out.
- Rainy days and when pavement is wet please enter and exit through the front door. If you are out there ringing the doorbell and no answer please call 626-941-5014 or house phone 626-672-0644. Children can get loud and we don't always hear the ring.
- Just reminder breakfast is served at 7:30 & 8:30, lunch 11:30 and snack 4:00pm.
- Lunch menu will be placed in the front sleeve of the Parent Sign/In Out book if you want to see what is being served for the week.
- The tree out front is called our Monthly Theme Tree. This is to help the children learn the months of the year and the holidays that fall on that month.

Thank you for your continued understanding and support.





2/22/19

Weekly Meal Planner-4			NO CELERY/SESAME ALLERGY
MEAT - BEEF/CHEESE/CHICKEN/BEANS/EGGS/PEANUT BUTTER/PORK/SEAFOOD/TURKEY/YOGURT			Jerem-No string cheese/applesauce/bananas-Kiki no string cheese-Alex no cheese/apples/applesauce Jaylah-no mayo/cheese/butter
BREAD - BREADS/CRACKERS/COOKED GRAINS/HOT CEREAL/PASTA NOODLES/RICE/TORTILLAS			
FRUIT - VEG-BEANS /FRUITS /GREENS LEAFY /PEAS /POTATOES/SOUPS /TOMATOES/VEGETABLES			

Breakfast		Lunch	Snack
4MB		4ML	4MS

Monday

HOLIDAY CLOSED

Tuesday	Breakfast	Lunch	Snack
	3TB	4TL	4TS
	WAFLES (WG)	MEATBALLS TURKEY	YOGURT
		BREAD & BUTTER	ALMOND COOKIES
	APPLE SLICES	CUCUMBER	
		FRUIT IN SEASON	
	MILK	MILK	MILK

Wednesday	Breakfast	Lunch	Snack
	3WB	4WL	4WS
	KIX (WG)	BEEF HOT DOG & EGG	GRAHAM CRACKERS
	ORANGE SLICES	FLOUR TORTILLA	PEANUT BUTTER
		CARROTS	
		FRUIT IN SEASON	
	MILK	MILK	MILK

Thursday	Breakfast	Lunch	Snack
	3THB	4THL	4THS
	WHEATIES (WG)	CHICKEN DRUMSTICKS	GOLBY JACK CHEESE
	BANANA	CRACKERS	BREAD STICKS
		BROCOLLI	
		FRUIT IN SEASON	
	MILK	MILK	MILK

Friday	Breakfast	Lunch	Snack
	3FB	4FL	4FS
	PANCAKES	TURKEY SANDWICH WHITE BREAD	QUESADILLA
	GRAPES	LETTUCE	OATMEAL COOKIES
		APPLE SLICES	
	MILK	MILK	MILK



Weekly Meal Planner-5

3/1/19

Weekly Meal Planner-5			NO CELERY/SESAME ALLERGY
MEAT - BEEF/CHEESE/CHICKEN/BEANS/EGGS/PEANUT BUTTER/PORK/SEAFOOD/TURKEY/YOGURT			Jerem-No string cheese/applesauce/bananas-Kiki no
BREAD- BREADS/CRACKERS/COOKED GRAINS/HOT CEREAL/PASTA NOODLES/RICE/TORTILLAS			string cheese-Alex no
FRUIT - VEG-BEANS/FRUITS/GREENS LEAFY/PEAS/POTATOES/SOUPS/TOMATOES/VEGETABLES			cheese/apples/applesauce Jaylah-no mayo/cheese/butter

Monday	Breakfast	Lunch	Snack
	5MB	5ML	5MS
	CHEERIOS (WG)	CHICKEN SOUP	MOZZARELLA CHEESE
		CORN TORTILLA (WG)	RITZ CRACKERS
	BANANA	SWEET POTATO	
Tuesday		FRUIT IN SEASON	
	MILK	MILK	MILK
	Breakfast	Lunch	Snack
	5TB	5TL	5TS
	KIX	CHICKEN TAQUITOS	YOGURT
Wednesday		CORN TORTILLA (WG)	ALMOND COOKIES
	STRAWBERRIES	CUCUMBER	
		FRUIT IN SEASON	
	MILK	MILK	MILK
	Breakfast	Lunch	Snack
Thursday	5WB	5WL	5WS
	WAFLES (WG)	100% BEEF HOT DOG & EGG	GRAHAM CRACKERS
	ORANGE SLICES	WHEAT FLOUR TORTILLA (WG)	PEANUT BUTTER
		CARROTS	
		FRUIT IN SEASON	
Friday	MILK	MILK	MILK
	Breakfast	Lunch	Snack
	5THB	5THL	5THS
	CHEERIOS (WG)	CHICKEN THIGH STRIPS	COLBY JACK CHEESE
	BLUEBERRIES	MASHED POTATOES	BREAD STICKS
		CAULIFLOWER	
		FRUIT IN SEASON	
	MILK	MILK	MILK
	Breakfast	Lunch	Snack
	5FB	5FL	5FS
	PANCAKES	CHICKEN BREAST NUGGETS	QUESADILLA
	GRAPES	CUBED POTATOES	OATMEAL COOKIES
		BROCOLLI	
		FRUIT IN SEASON	
	MILK	MILK	MILK

Chicken Nuggets=Tyson Whole Grain Breaded Golden Crispy Nuggets or Homestyle Whole Grain Breaded Nuggets

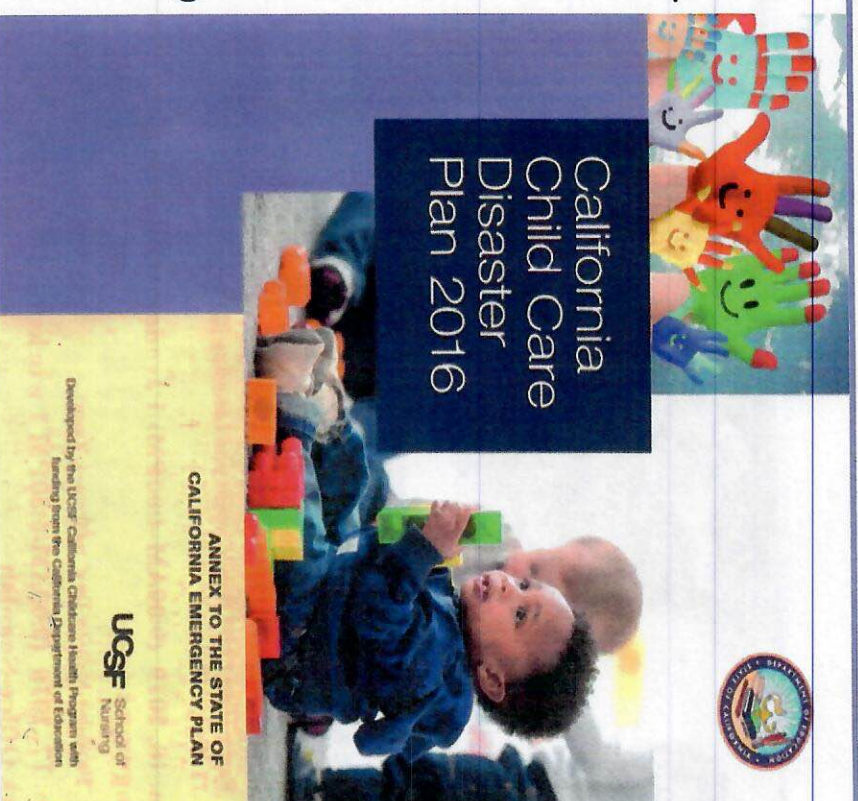


## ***Are you prepared for a disaster? Is your emergency plan updated?***

The *California Child Care Disaster Plan* is an Annex to the *California State Emergency Plan*. It outlines the roles and responsibilities of key state agencies to support the child care infrastructure in an emergency or disaster. The overall goal of the *California Child Care Disaster Plan* is to reduce the risk of injury, loss, and destruction for children and staff in child care programs.

*California Child Care Disaster Plan* supports child care providers to be ready for, respond to, and recover from an emergency. The resources in the Appendix assist child care providers to meet licensing regulations, Child Care and Development Block Grant (CCDBG) funding requirements, and best practice recommendations. The *Step-by-Step Guide* and *Emergency Plan Library* (checklists, forms, templates, worksheets, and other tools and resources) provide guidance to develop custom emergency plans based on individual child care program needs and local resources. The *California Child Care Disaster Plan* is available in English and Spanish and is free to download at <https://cchp.ucsf.edu/content/disaster-preparedness>.

The *California Child Care Disaster Plan* provides information to child care providers regarding required licensing forms, examples of drills, checklists and other resources that will help you prepare for an emergency. Please visit the website and download any of the individual files and resources available. Many resources are available in both English and Spanish.



Source: <https://cchp.ucsf.edu/content/disaster-preparedness>



## CHEESE AND CORN CHOWDER

This is a hearty vegetarian soup for a filling and healthy meal on a chilly night. If you have leftovers that have been properly handled, you can add ham, chicken, or other meat for more protein.

**Makes:** 6 servings

### Ingredients

- **2 cups** potatoes (diced)
- **1 cup** carrot (sliced)
- **1 cup** celery (chopped)
- **1/2 cup** onion (chopped)
- **1/4 teaspoon** pepper
- **1 can** cream-style corn
- **1 1/2 cups** milk, non-fat
- **1/2 cup** cheddar or American cheese (shredded)



### Directions

1. Combine potatoes, carrots, celery, onion and seasonings in pan. Add 1 cup water. Cover and simmer 10 minutes.
2. Add corn and pepper. Cook 5 more minutes or until vegetables are cooked.
3. Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil.
4. Serve hot.

### Suggestion

- Add 1/2 cup cubed cooked ham.

Source: <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cheese-and-corn-chowder>