



AUGUST

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.

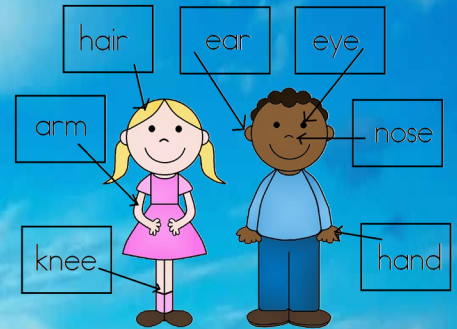
When public school starts on Monday, August 10th we will move those children who will be starting Kindergarten in 2026 to Miss Alea’s class.



CURRICULUM

Theme: ALL ABOUT ME

**Full name, Address, Body Parts,
People in our Community**



All About Me



Academic Activities

Letters: A, B, C

Numbers: 1 & 2

Color: Blue

Shape: Circle

Sample of Arts & Crafts Activities

“What’s in a name?” (crayon name, spell my name with beads, caterpillar name), Shape Bus, Shape School, “When I Get Big Bus”

Daily practices include

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

READING IS FUN!

Reading to pre-schoolers teaches them to read from left to right, and that the little marks on the page -- not just the pictures -- convey the story.

Strategies to make the experience even more enriching:

Ask questions about the story... ("What do you think will happen next?") and talk about the pictures.

Read it again... While you may be tempted to hide that copy of *Goodnight Moon* just to avoid having to read it for the fifth time in a row, know that the desire for repetition is an important developmental stage. It's most pronounced during the toddler years, but can extend through early elementary school.

Make the alphabet fun... by putting letters in context. For instance, ask your child to point out the "I" on the side of an ice cream truck or the "T" on a toy store.

Encourage your child... to "read" or point out symbols, such as a stop sign.

Let him/her pretend to read to you...many children memorize books before they can actually read. Even if they haven't committed a story to memory, they might still be able to describe what's happening on the page.



Its all about
ME

AUGUST 2026

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



**LAS VEGAS PAIUTE TRIBE
CHILD DEVELOPMENT CENTER**
1321-1/2 Ken Street
Las Vegas, Nevada 89106
702.386.0040



AUGUST 2026

Breakfast & Snack

Menu

All about me

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



AUGUST 2026 Lunch Menu



Sun	Mon	Tue	Wed	Thurs	Fri	Sat
2	3 Cheeseburger Mac Broccoli Banana Milk	4 Super Spiral Pasta w/Veggie Sauce Peaches Milk	5 Scrambled Eggs & Sausage w/Potatoes Mixed Fruit Milk	6 Mac & Cheese w/Hidden Butternut Squash Pears Milk	7 Chicken Bites w/ Super Veggies Apples Milk	8
9	10 Swedish Meatballs w/ Noodles Broccoli Applesauce Milk	11 White Mac & Cheese w/Hidden Cauli Broccoli Pears Milk	12 Chicken Parm w/ Veggie Spaghetti Banana Milk	13 Cheesy Omelet Pancake Puffs Peaches Milk	14 Creamy Bacon Tortellini Fava Beans & Carrots Oranges Milk	15
16	17 Turkey Meatballs w/ Alfredo Bow Ties Broccoli Mixed Fruit Milk	18 Cheesy Omelet Chocolate Croissant Apples Milk	19 French Toast Sticks Scrambled Eggs Peaches Milk	20 Chicken Bites w/Mac & Cheese Green Peas Oranges Milk	21 Beef Taco Pockets Corn Pears Milk	22
23	24 Chicken Meatballs w/White Mac & Cheese Green Beans Peaches Milk	25 Waffle Sticks w/ Bacon Scramble Oranges Milk	26 Penne Bolognese Carrots Tropical Fruit Milk	27 Spaghetti & Meatballs w/Veggie Sauce Pears Milk	28 Butter Chicken w/Rice & Peas Mini Naan Applesauce Milk	29
39	31 Cheeseburger Mac Broccoli Banana Milk				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



Color Me Healthy NEWS

preschoolers moving & eating healthy

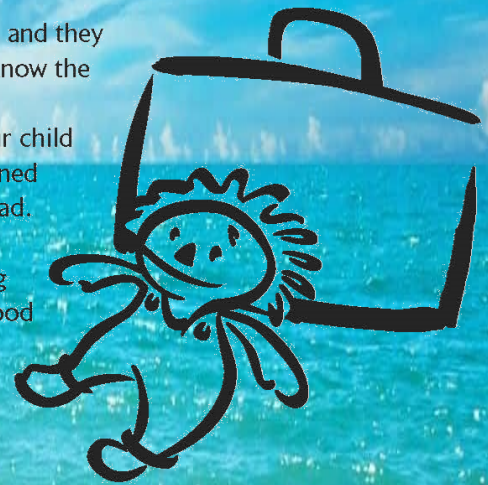
AUGUST

Guilt And The Working Mom

Sometimes working moms feel guilty about being away from home, and they try to make it up to children by giving them only foods that they know the children like.

While you might avoid mealtime hassles, you aren't teaching your child about a healthy eating. It won't be easy if your child has already learned that he can refuse to eat what is served and get something else instead. But remember, you are in charge of what is served.

If you have this problem in your family, you aren't alone. Helping children have a healthy diet is not always easy, but the rewards of good health, reduced risk of disease, and overall positive attitude towards eating are worth the effort. Try some of the "Foods for Families on the Go" recipes to get you over the hurdle of trying new foods.



How Can You and Your Family Eat More Fruits and Vegetables?

- Keep a bowl of fruit on the counter.
- Make fruit smoothies for a quick breakfast or snack.
- Keep baby carrots or other ready-to-eat vegetables on hand.
- Add bananas or berries to cereal or yogurt.
- Make a stir-fry, experiment with different vegetables or use what you have on hand.
- Use frozen or canned fruits and vegetables without added sauce or sugar when fresh is not available or is too costly.



Wonderful Water

Our children (like us) don't drink enough water. Children need between 4-8 glasses of water per day to prevent dehydration and promote overall good health. Your child may need even more in hot weather. Getting enough water is not easy. Here are some steps to help you and your family get the water they need.

- When your child asks for something to drink, serve water
- Serve water with meals
- Add lemon, lime, or orange slices to water
- Let children keep a water bottle in the refrigerator
- Add a splash of orange juice or other fruit juice for flavor
- Let your child drink water out of a sports bottle like the athletes, it may encourage them to drink more
- When you do serve soft drinks or fruit drinks, mix them half and half with water

Color Me Healthy Parent Bulletin Board

To encourage good eating habits in children, try not to barter or make deals with children using food, limit the amount of unhealthy foods kept in the house, and provide a variety of choices.

More screen time (TV and video games) is associated with unhealthy weights and poor fitness in children and youth.

Right-size portions. Serve reasonable portion sizes based on age to get and stay healthy.



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.

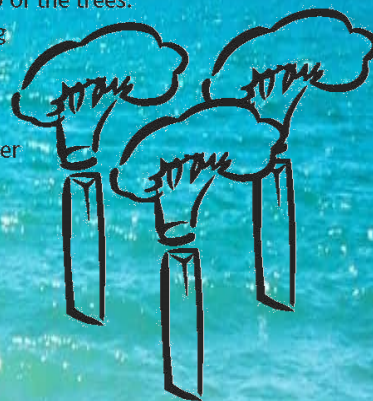
A Forest Full of Color

INGREDIENTS

- 2 carrots cut into strips (or mini carrots or prepared carrot strips)
- 1 cup broccoli or cauliflower florets (or some of each)
- low-fat Ranch salad dressing

INSTRUCTIONS

1. Wash and cut up vegetables.
2. Put the carrot strips on a plate so they look like tree trunks.
3. Place the broccoli and cauliflower at the top of the carrot sticks as the top of the trees.
4. Put the Ranch dressing at the bottom of the carrots.
5. Dip the carrots, broccoli, and cauliflower in the dip and dig in!



Food For Families On The Go

Turkey Sloppy Joes 6 servings

INGREDIENTS

- 1 pound ground turkey or lean ground beef
- 1/4 cup chopped onion
- 1/2 cup ketchup
- 3 tablespoons barbecue sauce
- 1 tablespoon yellow mustard
- 1 tablespoon vinegar
- 1 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon celery seed
- 1/4 teaspoon pepper
- 6 whole wheat hamburger buns

INSTRUCTIONS

1. In a nonstick skillet, cook the turkey and onion for 5 minutes or until turkey is no longer pink.
2. Add the next seven ingredients; simmer for 10 minutes. Stir occasionally.
3. Serve on buns.

Prep Time: 15 minutes
Cook Time: 10 minutes
Calories per serving: 236
Fat per serving: 3 grams

Color Me Healthy brought to you by...

