



OCTOBER

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.

HALLOWEEN

Due to our Fall-O-Ween event on Nevada Day we will not be having a Halloween Party and/or Parade.

OCTOBER HOLIDAYS!!

*Friday, October 9th
Pow Wow*

*Monday, October 12th
Indigenous Peoples Day*

*Thursday, October 29th
Closed at Noon*

*Friday, October 30th
Fall-O-Ween*

CDC WILL BE CLOSED!

CURRICULUM

Theme: FALL

We will learn about FALL COLORS, SEASONS and the HARVESTING OF FOOD. We will also do fun Halloween activities!

Academic Activities

Letters: G & H
Numbers: 5 & 6
Color: Orange
Shape: Triangle



Sample of Arts & Crafts Activities

Leaf Art, Pumpkin Patch, Fall Collage, Gnomes, Handprint Candy Corn, Mummies

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

The title "TRICK OR TREAT" is written in a large, black, blocky font. The word "OR" is replaced by a jack-o'-lantern with a carved face. Above the jack-o'-lantern is a black bat silhouette. To the left of the jack-o'-lantern is a black spider on a thin vertical line. The entire title is surrounded by various Halloween-themed decorations, including orange and purple leaves, orange stars, and a branch with more leaves on the right side.

TRICK OR TREAT

With witches, goblins, and super-heroes descending on neighborhoods across America, the American Red Cross offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun.

- Walk, slither, and sneak on sidewalks, not in the street.
- Look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
- Cross the street only at corners.
- Don't hide or cross the street between parked cars.
- Wear light-colored or reflective-type clothing so you are more visible—remember to put reflective tape on bikes, skateboards, and brooms, too!
- Plan your route and share it with your family. If possible, have an adult go with you.
- Carry a flashlight to light your way.
- Keep away from open fires and candles. (Costumes can be extremely flammable)
- Visit homes that have the porch light on.
- Accept your treats at the door and never go into a stranger's house.
- Use face paint rather than masks or things that will cover your eyes.



OCTOBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
	12 CDC CLOSED	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29 CDC CLOSED NOON	30 FALL-0- WEEN	31



LAS VEGAS PAIUTE TRIBE
CHILD DEVELOPMENT CENTER
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HAPPY HALLOWEEN

OCTOBER 2026

Breakfast & Snack Menu



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

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Lunch Menu

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
PORION 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			1 Mac & Cheese w/Hidden Butternut Squash Pears Milk	2 Chicken Bites w/ Super Veggies Apples Milk	3
4 	5 Swedish Meatballs w/ Noodles Broccoli Applesauce Milk	6 White Mac & Cheese w/Hidden Cauli Broccoli Pears Milk	7 Chicken Parm w/ Veggie Spaghetti Banana Milk	8 Cheesy Omelet Pancake Puffs Peaches Milk	9 Creamy Bacon Tortellini Fava Beans & Carrots Oranges Milk	10
11 	12 Turkey Meatballs w/ Alfredo Bow Ties Broccoli Mixed Fruit Milk	15 Cheesy Omelet Chocolate Croissant Apples Milk	14 French Toast Sticks Scrambled Eggs Peaches Milk	15 Chicken Bites w/Mac & Cheese Green Peas Oranges Milk	16 Beef Taco Pockets Corn Pears Milk	17
18 	19 Chicken Meatballs w/White Mac & Cheese Green Beans Peaches Milk	20 Waffle Sticks w/ Bacon Scramble Oranges Milk	21 Penne Bolognese Carrots Tropical Fruit Milk	22 Spaghetti & Meatballs w/Veggie Sauce Pears Milk	23 Butter Chicken w/Rice & Peas Mini Naan Applesauce Milk	24
25 	26 Cheeseburger Mac Broccoli Banana Milk	27 Super Spiral Pasta w/Veggie Sauce Peaches Milk	28 Scrambled Eggs & Sausage w/Potatoes Mixed Fruit Milk	29 Mac & Cheese w/Hidden Butternut Squash Pears Milk	30 Chicken Bites w/ Super Veggies Apples Milk	31



Color Me Healthy NEWS

preschoolers moving & eating healthy

OCTOBER

Encourage Your Child to Eat Smart and Move More

BE PATIENT

Young children may not be interested in trying new foods. Offer a new food more than once. It sometimes takes up to ten tries before a child will like a new food.

BE A PLANNER

Most children need a snack or two in addition to three regular daily meals. Plan and schedule meals and snacks so that children have a routine.

BE A GOOD ROLE MODEL

What you do can mean more than what you say. Your child learns from you about what to eat and how to move. Eat meals with your children whenever possible. Walk, run,

and play with your children, don't just sit on the side lines. A family that is physically active together has lots of fun!

BE ADVENTUROUS

At the grocery store, ask your child to choose a new vegetable or fruit. At home let them help wash and prepare the food. Encourage all family members to enjoy a variety of foods.

BE CREATIVE

Get your children involved in food preparation. Children are more likely to try new foods if they help get them to the table.



The Breakfast Club

Your mother always told you that breakfast was the most important meal of the day. Well, she was right. Children do better in school when they have a good breakfast. Getting children ready, yourself ready...it's a lot to do in the morning. However, the first meal of the day does not have to be a hassle. It can be quick, fun, and eaten on the run if necessary.

Here are a few tips for you and your family to break the fast:

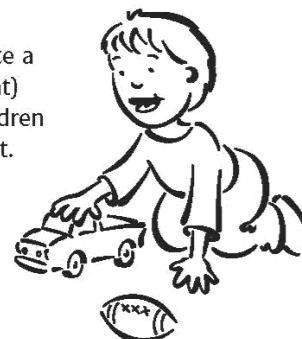
- A peanut butter and banana sandwich and glass of milk is a favorite of young ones. It gives them calcium, protein, and one serving of fruit.
- Top cold or hot cereal with fresh or canned fruit.
- Serve 100% fruit or vegetable juice.
- A cereal bar and milk make a great, quick, on the run breakfast when you don't have time for a sit-down meal.
- Yogurt in a "to-go" tube is a good way to get a quick dose of calcium.
- Bagels with fruit spread or low-fat cream cheese are great on the go.
- Make egg sandwiches the night before, wrap tightly in plastic wrap and microwave to warm slightly in the morning for a quick breakfast.



Indoor Play

It's raining, it's cold, it gets dark too early, and you feel your neighborhood is unsafe. All these point to the need to be physically active indoors. Make a fun area in the house for indoor play. Be creative so your children can stay active even if they cannot go outdoors.

- Turn on the music and dance. (Dance like a bird, elephant and other animals).
- Build a fort under the table or in a large box.
- Play on the stairs.
- Hop on one foot, hop on both feet, spin in a circle, call out different moves for your child to try.
- Play limbo using a broom and music.
- Play running games. Place a target (pillow or placemat) on the floor and ask children to run around and over it.



Color Me Healthy Parent Bulletin Board

It's cold out...start your day with warm cereal. Oatmeal, grits, or cream of wheat are almost as quick as cold cereal. Try using fruit such as applesauce, peaches, or berries as a topping instead of sugar.

Is your child a healthy weight? Check out their status at <http://apps.nccd.cdc.gov/dnpabmi/>.

Balance your food choices over time. Not every food has to be "perfect." When eating a food high in fat, salt, or sugar, select other foods that are low in these ingredients. Your food choices over several days should fit together into a healthy pattern.



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.

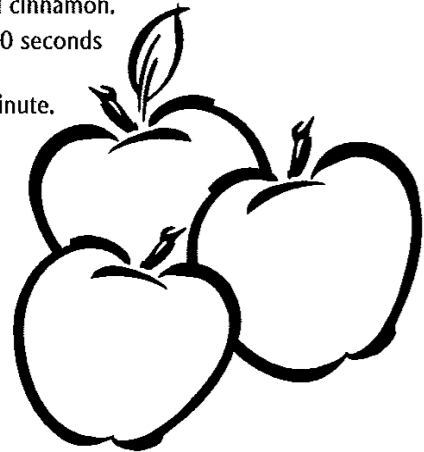
Baked Apples

INGREDIENTS

- 2 apples
- 2 tablespoons brown sugar
- 1 tablespoon cinnamon

INSTRUCTIONS

1. Peel apples.
2. Cut apples into 1" pieces.
3. Sprinkle apple pieces with brown sugar and cinnamon.
4. Microwave for 30 seconds until soft.
5. Let cool for 1 minute.



Food For Families On The Go

Impossibly Easy Cheeseburger Pie *6 servings*

INGREDIENTS

- 1 pound extra-lean ground beef
- 1 cup chopped onion
- 1/2 teaspoon salt
- 1 cup shredded fat-free Cheddar cheese
- 1/2 cup Reduced Fat Bisquick
- 1 cup skim (fat-free) milk
- 2 eggs

Prep Time: 20 minutes
Cook Time: 25 minutes
Calories per serving: 314
Fat per serving: 14 grams

INSTRUCTIONS

1. Heat oven to 400 degrees.
2. Coat 9" pie plate with non-fat cooking spray.
3. Cook ground beef and onion until beef is brown; drain.
4. Stir in salt.
5. Spread in pie plate and sprinkle with cheese.
6. In a medium bowl, stir remaining ingredients until blended; Pour into pie plate over beef mixture.
7. Bake 25 minutes or until a knife inserted in center comes out clean.

Color Me Healthy brought to you by...

