



# THE EAGLE UPDATE

PRESCHOOL NEWSLETTER - August 23, 2024

## Message from Miss Teri

It was great to see all of you at our back to school night Thursday evening. The staff and I are excited to start the school year and are anticipating a GREAT year. Please ask if you have questions about anything. We are here to help make your child's transition to preschool/childcare as smooth as possible.

Lots of information went home in your child's preschool take home envelope Thursday evening. Please make sure you look through all of it. Return the take home envelope with your child in their backpack each day they come to school.

Childcare lunch menu: Week 1 Return the monthly lunch calendar to the childcare teachers with the days your child will be eating lunch.

Scholastic Book Orders: these are due September 20. Directions on how to order were included in the take home envelope.

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## JMC Tutorials

JMC is the school management system we use. Tutorials on how to use it can be found here:

JMC link: [aca.onlinejmc.com](https://aca.onlinejmc.com)

JMC family: [https://www.youtube.com/watch?v=g2OvLoi6Y\\_8](https://www.youtube.com/watch?v=g2OvLoi6Y_8)

JMC family app tutorial: <https://www.youtube.com/watch?v=9cTB1YXquqI&t=160s> Our pin code is 0533

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Week 1					
Protein	Orange Chicken	Pork Flat Iron Slices	Grilled Chicken Breast	Lasagna Rollups	Cheese Pizza
Starch	Steamed Rice	Baked Potato Slices	Mozzarella Sticks		
Vegetable	Corn	Mixed Vegetables	Baby Carrots	Mixed Vegetables	Mixed Vegetables
Fruit	Apple Slices	Mandarin Orange Slices	Diced Peaches	Kiwis	Applesauce
Week 2					
Protein	Mac & Cheese w/ Ham	Roast Turkey Breast Slices	Beef Ravioli w/ Marinara Sauce	Pulled Pork	Pepperoni Pizza
Starch		Cheesy Mashed Potatoes		Bun	
Vegetable	Mixed Vegetables	Roast Broccoli w/ Parmesan	Mixed Vegetables	Roast Green Beans	Mixed Vegetables
Fruit	Whole Mandarin Oranges	Bananas	Grapes	Applesauce	Apple Slices
Week 3					
Protein	Chicken Cheese Pasta	Chicken Parmesan	Chicken Strips	Chicken Tortellini Alfredo	Cheese Pizza
Starch		Mashed Potatoes	Twice Baked Potatoes		
Vegetable	Green Beans w/ Bacon Bits	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables
Fruit	Kiwis	Diced Peaches	Apple Slices	Bananas	Mandarin Orange Slices
Week 4					
Protein	Chicken Fettuccini Alfredo	Scrambled Eggs w/ Ham & Pork Sausage Patty	Spaghetti w/ Meatballs	Sloppy Joe Meat	Pepperoni Pizza
Starch		Biscuit w/ Jelly		Bun	
Vegetable	Roast Green Beans	Corn	Roast Broccoli w/ Parmesan	Mashed Potatoes	Mixed Vegetables
Fruit	Apple Slices	Bananas	Whole Mandarin Oranges	Kiwis	Applesauce
<b>All Menus subject to change without notice, a close substitute will be offered based on availability</b>					
Items highlighted in Pink are as Gluten Friendly as we can make them					

**Serving Sizes:**

Protein: 4oz  
 Starch: 3oz  
 Vegetable: 1/4 Cup  
 Fruit: 1/4 Cup  
 Protein & Starch(e.g.: Pastas): 6oz  
 Pizza: 2 Slices

**Mixed Vegetable Blends (Used as Available)**

Bahamas  
 Italian  
 Capri  
 Five Way  
 Winter  
 California  
 Spring  
 Pacific  
 German  
 Mediterranean  
 Pea & Carrot  
 Key Largo



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