



Discoveryland News

I hope the beginning of the school year was as fun for you as it was for us. The 21st found us ready with open arms for all of our returning students and those who are new to our school. Our classrooms look great and the teachers are ready with smiles on their faces and new ideas in their minds. I am looking forward to a wonderful year.



Thank you to all of you who were able to make it out to our watermelon social. It was nice to see new and old faces, and get together to talk about how things are going with your children. I hope more of you will be able to join us for events that are happening throughout the school year.

Hello September

September finds us falling into a routine and is keeping us busy. Remember we are closed for Labor Day. Enjoy time with your family and be safe.

On September 11, our school will be honoring Grandparents. We would like you to join us at school at 10am where you will be able to spend time with your



grandchildren in their classroom doing activities and enjoying a

light snack. We feel that our roots go deep when it comes to family and Grandparents you are roots of our family tree.

Picture day is on the 26th. We will be sending more information home with your children soon.

Please keep the evening of the 28th open on your calendars. We will be holding a Family Orientation night. Everyone is welcome to join us for a meeting about our philosophy, policies, and procedures. You will also get an opportunity to join your homeroom teacher in **your child's classroom to go** over specifics that pertain to your age group, as well as expectations for the year. I hope to see you here. If you are not able to make it, please know that any questions you may have can be directed to me via email or phone call. I am here for you and your family.



This month's letter is "B". B is for BOOKS, which should abound in every home. And for **boredom, which can't stay long** if books are there. Thank you for giving us your children to care for and teach. It is truly our honor and privilege.

Ms. Penny, Director



Dates to Remember

- September -
 - 4 Labor Day Holiday – No School
 - 11 Grandparents Day
 - 26 Picture Day
 - 28 Family Orientation

- October -
 - 2 Returning students re-registration
 - 19 Field trip to the pumpkin patch & farm
 - 31 Costume Day



- 3 Bethel Liao (rm 3)
- 8 Shaan Bhella (rm 5)
- 14 Zoe Pierruques (rm 3)
- 19 Aaron Pan (rm 3)

Discoveryland Preschool

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Penny Corpus, Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Corn Chex Cereal, Fresh Fruit & Milk <i>Pizza, Curly Fries, Fresh Fruit, & Milk</i> Goldfish Crackers & Mango Juice
4 Labor Day DISCOVERYLAND CLOSED	5 Bagels w/Cream, Fresh Fruit, & Milk <i>Cheese Enchiladas, Corn, Spanish Rice, Beans, Fresh Fruit, & Milk</i> Ritz Crackers & Apple Juice	6 Blueberry Muffins, Fresh Fruit & Milk Chik'n Nuggets , Broccoli, Jam Sandwich, Fresh Fruit, & Milk Wheat Thins Crackers & Orange Juice	7 French Toast, Fresh Fruit, & Milk <i>Teriyaki Hamburger, Steam Rice, Peas & Carrots, Fresh Fruit, & Milk</i> Animal Crackers, Milk & Mango Juice	8 Cheerios, Fresh Fruit & Milk <i>BLT Sandwich, Tater Tots, Fresh Fruit, & Chocolate Milk</i> Cheese it Crackers & Cranberry Juice
11 Raisin Bran Cereal, Fresh Fruit, & Milk <i>Spaghetti w/Marinara Sauce, Toss Salad, Sliced Bread, Fresh Fruit, & Milk</i> Goldfish Crackers & Apple Juice	12 Pancakes, Fresh Fruit & Milk <i>Cheese Quesadilla, Broccoli, Spanish Rice, Fresh Fruit, & Milk</i> Graham Crackers, Milk & Grape Juice	13 Egg & Cheese Croissant, Fresh Fruit, & Milk <i>Molletes (Open Sandwich) Green Beans, Fresh Fruit, & Milk</i> Ritz Crackers & Orange Juice	14 Cinnamon Toast, Fresh Fruit, & Milk <i>Turkey Strips, Steam Rice, Mix Vegetables, Fresh Fruit, & Milk</i> Cheese-it Crackers & Cranberry Juice	15 Corn Chex Cereal, Fresh Fruit & Milk <i>Hot Dogs, Curly Fries, Fresh Fruit, & Milk</i> Wheat Thins, Sliced Cheese, & Mango Juice
18 Cheerios, Fresh Fruit, & Milk <i>Cheese Ravioli w/Alfredo Sauce, Toss Salad, Garlic Bread, Fresh Fruit, Milk</i> Triscuit Crackers & Grape Juice	19 Waffles, Fresh Fruit, & Milk <i>Crunchy Tacos, Corn, Spanish Rice, Beans, Fresh Fruit, & Milk</i> Granola Bars, Yogurt, & Mango Juice	20 French Toast, Fresh Fruit & Milk Chik'n Salad Wrap , Green Beans, Fresh Fruit, & Milk Vanilla Wafers, Milk, & Apple Juice	21 Bagels w/Cream Cheese, Fresh Fruit, & Milk Chik'n Chow Mein , Peas & Carrots, Fresh Fruit, & Milk Wheat Thins Crackers & Cranberry Juice	22 Raisin Bran Cereal, Fresh Fruit & Milk <i>Cheese Burger, Tater Tots, Fresh Fruit, & Milk</i> Ritz Crackers & Orange Juice
25 Corn Chex Cereal, Fresh Fruit & Milk <i>South of the Border Pasta, Toss Salad, Garlic Bread, Fresh Fruit, & Milk</i> Pita Bread w/Jam & Apple Juice	26 English Muffins, Fresh Fruit, & Milk <i>Bean & Cheese Burrito, Green Beans, Spanish Rice, Fresh Fruit, & Milk</i> Animal Crackers, Milk, & Cranberry Juice	27 Blueberry Muffins, Fresh Fruit & Milk <i>Turkey Tortas, Cucumber, Fresh Fruit, & Milk</i> Goldfish Crackers & Mango Juice	28 Egg & Cheese Burrito, Fresh Fruit, & Milk Chik'n Divian , Steam Rice, Peas & Carrots, Fresh Fruit, & Milk Wheat Thins Crackers & Pineapple Juice	29 Cheerios, Fresh Fruit, & Milk <i>Grilled Cheese Sandwich, Curly Fries, Fresh Fruit, & Chocolate Milk</i> Cheese-it Crackers & Grape Juice

September is...

- **National "More Matters" Month:** Every meal fill half your plate with fruits and veggies. **The MORE the BETTER!**
- **National Breakfast Month:** Breakfast doesn't have to be "breakfast" food. Eat a sandwich, salad or soup! Rev your engine!
- **National Potato and Rice Month:** Wash and eat a potato's peel – it has lots of fiber, nutrients and flavor. Try black or brown rice or sweet potatoes.
- **Children Eye Health Month:** Make an eye appointment for your child.

Avocado and Egg on Toast

Try this yummy, easy and satisfying dish anytime of the day.

Toast up a slice of whole grain bread. Fry or scramble 1 egg. Mash ¼ avocado onto toast. Top with egg. Add a dash of salt, pepper, and hot sauce. Protein, whole grains, good fat...ZING!

Cook, Freeze, and Use Later: Grains, Pasta and Rice

When you have the time, cook up a big batch of whole grains, pasta or brown rice. Let cool completely, then spoon into resealable plastic bags and freeze flat. Stack, store in freezer,