



May Newsletter

Wood County Head Start—West Center

West Center Hours

Infant Room: 7:30-4:15 Phone #: 715-422-0442

Toddler Room: 7:30– 4:15 Phone #: 715-422-0422

Preschool Room: 8:15-3:15 Phone #: 715-422-0421

Please complete and send in all the pink In-kind sheets you have lying around.



Due date does not matter, we will except it.



Upcoming Events:

Monday, May 5th– I/T no school PDD

Monday, May 5th– PS in-session (*snow day make-up*)

Wednesday, May 14th– Parent Breakfast & Activities

Monday, May 19th– Preschool in-session

Friday, May 23rd– PS no school

Monday, May 26th– Memorial Day-no school



Health Record Updates: Physicals, Dentals, Vision, Hearing

Please contact your family service worker, Nicole, to make any last minute updates to your child's medical and dental records. With the official program year coming to a close, it is



important that your child's medical file is complete.



If you need to complete a medical or dental form for your child, or have any concerns, please contact Nicole at 715-422-0423.

In-Kind: Why it Matters

The Head Start program has provided many children and families with opportunities and resources that have helped them. In order for the Head Start program to operate, a grant is given for funding, but we are required to earn a part of our grant back through In-Kind.

In-Kind is the donation of time, space, or materials used in the program that would otherwise be purchased. When parents volunteer their time working on monthly projects and Family Activity's with their children, or donating items (clothes, toys, books, etc.), we are able to document that as In-Kind and count it towards our grant. For every hour that a parent or community member spends volunteering their time gets us closer to reaching our monthly In-Kind goals.

We appreciate you taking the time to help us to help your children.

Policy Council Representatives

Your Wisconsin Rapids West Policy Council members are:

Destinee McGinley, Michaela Kohnen, Frances Kinsman-Milor





Community Events & Activities

Ruby's Pantry-Mobile Food Distribution

When: May 17, 2025

Website: <http://www.facebook.com/rubys.immanuellutheranchurch>

Location: Pitch Elementary School—501 17th Street South Wisconsin Rapids, WI

Event Description- Ruby's Pantry America's Rural Foodbank

Sponsored by: Immanuel Lutheran Church

A drive-thru mobile food distribution on the 3rd Saturday of every month from 8:00-9:30 a.m.

Who can participate? Food Distribution is available for anyone regardless of financial income or place of residence.

What do I bring? Please leave your boxes/baskets home. This is a drive-thru distribution and food is pre-boxed. A donation of \$25 per bundle of food is requested. Each bundle is approximately 70+ lbs of food.

What will I receive? You will receive various amounts of food donated directly from manufacturers: canned goods, meat, produce, cereal, bread, pizza, yogurt, etc.

Questions? Email Marlene at mmertens@immanuelrapids.com

Memory Café

Date: May 3rd Time: 10:30AM-12:00PM

Where: McMillan Memorial Library 490 E Grand Ave, Wisconsin Rapids, WI

Description: Memory Cafe Memory Cafes are designed specifically for people experiencing early stage dementia, mild memory loss or cognitive impairment, and for family and friends of those affected.

Lunch by the River

Veteran's Memorial Park— 299 1st Street North Wisconsin Rapids, WI 11:30-1:00pm

Make your way to 1st Street North for entertainment and exceptional food along the Wisconsin River. Every Thursday starting on June 5th running until the end of August, from 11:30 a.m. - 1:00 p.m. Each week is sponsored by a different business and is sure to be a favorite summertime event.

Enjoy a taste of Wisconsin Rapids!



Check out the QR codes for summer ideas in Wisconsin Rapids!



Rafters Info 2025



McMillan Memorial Library



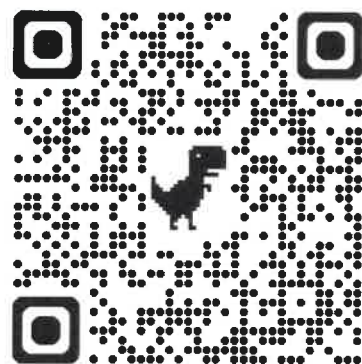
Skate City



South Wood County YMCA



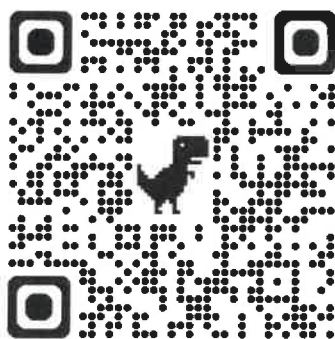
Witter Park Aquatics Center



Dog Friendly Parks



Mead Field Splash Pad



ZOO



City Parks



Over the Kitchen Counter

10 Tips for *Summer*

1. Pack High Protein Snacks
2. Drink, Hydrate, Repeat
3. Bring Your Own Tumbler
4. Prep Your Veggies
5. Make Water a Non-Negotiable
6. Say YES to foods you love;
Say NO to foods you don't
7. Move your Body DAILY
8. Offer to Bring a Dish
9. Be In Tune with your Goals
10. Memories Over Macros

YQL NUTRITION
Your Quality Life

EAT YOUR WATER

ZIVA



Roughly 20% of our
daily water intake
comes from food



Signs of dehydration:
headache, fatigue,
extreme thirst



Fruits with high water
content: cucumbers,
watermelon, grapefruit

Summer Hydration Tips



Veggies with high
water content: lettuce,
peppers, celery



Other hydrating
foods: smoothies,
applesauce, soup



Make water more
delicious by
infusing it with fruit



Cheesy Ranch Potatoes

Prep time: 20 minutes, Cook time: 4 hours, Servings: 6-8

Ingredients:

10 red potatoes (about 2-3 pounds)

2 T butter (melted)

2 cups shredded cheddar cheese (divided into 1.5 and .5 cups)

10 slices bacon cooked and crumbled (or sliced into 1 inch pieces and then cooked)

1 tsp black pepper

1 T Hidden Valley Seasoning

Instructions:

1. Cut bacon into 1 inch pieces and bake your bacon in the oven or skillet (use preferred method)
2. Cut your red potatoes in cubes. Hold the potato vertically, slice it down the middle, turn it and slice it vertically again. Then, lay it horizontal and cube it into thirds or fourths depending on how big the potato is.
3. Remove one tablespoon worth of Hidden Valley Ranch seasoning from a packet and set aside. Melt two tablespoons of butter and set aside and grab your black pepper. You'll need about 1/2 –1 tsp depending on taste.
4. In a large bowl, add your cubed potatoes, mix in your melted butter, pepper, ranch seasoning and stir well.
5. Lastly, add in your cooked and crumbled bacon, and 1.5 cups of cheese.
6. Set aside your crockpot and use a large piece of heavy duty foil to line the crockpot with. It's going to serve as a foil packet for the potatoes, put the lid on top of the crockpot and cook on high for 3-4 hours or low for 7-8 hours.
7. When potatoes are done cooking, sprinkle with cheese, cover for 5-10 minutes.
8. Enjoy!

No-Bake Peanut Butter Oatmeal Bars

Total Time: Prep/Cook: 10 minutes + chilling Makes: 9 servings

Ingredients:

1 cup creamy peanut butter, 3/4 cup honey, 3 cups old-fashioned oats

Directions:

In a small sauce pan, combine peanut butter and honey. Cook and stir over medium-low heat until melted and blended. Remove from heat; stir in oats. Spread into a greased 9-inch square pan; press lightly. Cool to room temperature; cover and chill for 1 hour.

May 2025 Menu West Head Start Center

Monday	Tuesday	Wednesday	Thursday	Friday
			1 WG HM Blueberry Muffin Bars, Applesauce Cheese Omelet, HM Cheesy Hashbrown Bake, Cooked Carrots, Garlic Bread, Apple Slices WG Goldfish Crackers & Pretzels	2 WG Cheerios, Banana Cheesy Flatbread with Sauce, Cottage Cheese, Cucumber & Dip, Strawberries WG Graham Crackers, 100% Juice
5 WG Bagel, Cream Cheese, Kiwi Chicken & Cheese Quesadilla on WG Tortilla, Black Beans, Corn, Salsa, Sour Cream, Pineapple WG Banana Bread Preschool ONLY	6 WG French Toast Snack Bread, Applesauce BBQ Pulled Pork on Bun, Cheese Slices, Potato Salad, Pickles, Mandarin Oranges Fresh Berries, Yogurt & WG Granola	7 Rice Krispies, Strawberries HM Sausage Tortellini Soup, Cheese Cubes, WG Roll, Crackers, Carrots & Dip, Apple Slices WG Tortilla Chips & Salsa	8 HM Breakfast Pizza (Crust, Eggs, Ham, & Cheese), Banana WG Chicken Nuggets, Rice Pilaf, Peas, Clementines WG Graham Crackers	9 WG Waffle Sticks, Peaches Spaghetti Noodles, Meat Sauce, Garlic Bread, Broccoli, Watermelon WG Cheez-It, 100% Juice Slush Cup
12 WG Oatmeal, Raisins, Diced Apples HM Mac & Cheese, Ham Slices, Buttered Noodles Cooked Carrots, Kiwi Hard Boiled Egg, WG Graham Crackers I/T ONLY	13 WG Life Cereal, Blueberries HM Chili w/ Beef, Cornbread, Buttered Noodles, Sour Cream, Green Beans, Fruit Salad WG Animal Crackers	14 Cinnamon Toast, Yogurt, WG Granola, Strawberries Chicken Fajita Strips & Bell Peppers, WG Tortilla, Cheese, Salsa, Sour Cream, Lettuce, Grapes Fresh Vegetables & Dip	15 HM Egg Bake (Egg, Sausage, & Cheese), WG Toast, Banana Meatballs, Gravy, Mashed Potatoes, WG Roll, Corn, Apple Slices Rice Cakes	16 HWG HM Zucchini Muffin Bars, Applesauce HM Meat/Cheese Pizza, Cottage Cheese, Lettuce Salad, Pineapple WG Chex Mix, 100% Juice
19 WG Frosted Mini Wheat Cereal, Strawberries WG Fish Sticks, Rice Pilaf, WG Roll, Green Beans, Tropical Fruit Cheese Slices & Apple Slices Preschool in Session	20 WG Muffin, Applesauce BBQ Beef, Bun, Cheese Slices, French Fries, Peas, Mandarin Oranges WG Graham Snacks	21 Breakfast Sandwiches (Croissant, Egg, & Cheese), Banana Chicken Alfredo, Buttered Noodles, WG Breadstick, Cooked Carrots, Pears WG Crackers, Cheese Cube	22 WG Pancakes, Blueberries Lentil & Beef Taco Meat, (WG Tortilla, Cheese, Lettuce, Sour Cream, & Salsa), Cucumber & Dip, Clementine WG HM Banana Muffin, 100% Juice Slush Cup	23  Center Closed
26  Center Closed-Memorial Day	27 Yogurt, WG Granola, Peaches Shredded Chicken, Gravy, Mashed Potatoes, WG Roll, Mixed Veggies, Fruit Salad WG Pumpkin Bread	28 WG Toast, Scrambled Eggs, Banana Cheese Ravioli, Meat Sauce, WG Breadstick, Broccoli, Apple Slices Naan Bread & HM Dip	29 WG Kix Cereal, Strawberries Grilled Cheese Sandwich on WG Bread, Ham Slices, Tomato Soup, Broccoli & Dip, Pears Trail Mix with WG Goldfish Crackers	30 WG French Toast Sticks, Fruit Salsa HM Meat/Cheese Pizza Quesadilla on WG Tortilla, Cottage Cheese, Carrot & Dip, Pineapple WG Peanut/Seed Butter & Jelly Sandwich, 100% Juice

All-day session children receive breakfast, lunch and snack. Milk is served with meals and snacks and occasionally juice is served at snack time instead of milk, to 1-5 year olds. Unflavored whole milk is served to 1 year olds, unflavored 1% or skim milk is served to 2-5 year olds. Water is available throughout the day. WG = whole grain HM = homemade

** Infants and Toddlers (I/T) will be fed "on demand" according to their own feeding patterns and what is developmentally right for each child. Infants that are developmentally ready are provided with infant cereal by itself or w/fruit &/or vegetables as well as some of the menu items. Peanut Butter & Honey are NOT fed to infants under 1 year according to Wisconsin State Licensing.