



Kenleigh Fite	Sept. 9 th	4 Years Old
Shourya Ginjupalli	Sept. 12 th	5 Years Old
Adler Green	Sept. 12 th	2 Years Old
Luca Garcia	Sept. 13 th	3 Years Old
Keegan Bowman	Sept. 17 th	5 Years Old
Lincoln DeVore	Sept. 17 th	4 Years Old
Anastasia Falkowski	Sept. 20 th	3 Years Old
Madison Davila	Sept. 23 rd	3 Years Old
Dominic Kakrik	Sept. 23 rd	3 Years Old

Fall picture days will be on Sept. 10th & 11th. Please be sure to fill out and return your child's permission slip. Each child will come home with a proof sheet for you to review. Orders may be done on line or you may purchase them by check and place them in the Life Touch box located in the preschool office.



Parent Volunteers Needed!



Parent-Teacher Conferences

Our first round of V.P.K parent/teacher conferences will be held during the week of September 16th – 20th. There will be a sign-up sheet located on the outside of your child's classroom door. If it is impossible for you to meet with your child's teacher and would like to do a conference by phone, please speak to Ms. Carrie and Ms. Joyce

Please be sure to label your child's sippy cup, bottle or thermos.

All things belonging to your child must be labeled with their first and last name. L.L.P.S is not responsible for lost items.



Mom to Mom Nutrition

50+ Preschool Lunch Ideas

Add your child's favorite from each group to build a nutritious lunch

MAIN DISH

Peanut Butter and Jelly Sandwich
Hummus and Whole Grain Crackers
Tuna or Egg Salad with Crackers or Bread
Waffle or French Toast Sticks
Lunch Meat and Cheese Sandwich or Wrap
Crackers with Meat and Cheese or Peanut Butter
Hummus Wrap with Sliced Vegetables
Sun-Butter Roll-Up with Jelly
Dinner Leftovers
Pasta with Marinara Sauce
Hot Dog on Whole Wheat Bun
Cheese Quesadilla or Grilled Cheese
Oatmeal or Yogurt Parfait

FRUIT

Sliced Apples
Unsweetened Applesauce
Banana
Grapes
Fresh Berries
Orange/Clementine
Sliced Pears
Avocado
Watermelon
Peaches

VEGETABLE

Raw Baby Carrots
Celery Sticks
Sliced Cucumber
Sliced Bell Pepper
Sugar Snap Peas
Cherry Tomatoes
Precut Broccoli
Precut Cauliflower
Green Beans
Corn
Sweet Potato Sticks

DRINK

Water
100% Fruit Juice
2% or Skim Milk

VEGETABLE

Veggie Sticks/Straws
Pretzels or Pita Chips
Mozzarella Cheese Stick
Yogurt
Boiled Egg
Granola Bar
Trail Mix
Mixed Nuts
Graham Crackers
Popcorn
Mini-Muffin or Snack Bites
Pudding
Rice Cakes
Jerky

OPTIONAL

Hummus for dipping
Ranch for dipping
Nut Butter for dipping
Sliced cheese for protein
Small piece of chocolate