LAS VEGAS PAIUTE TRIBE
CHILD DEVELOPMENT CENTER

NOVEMBER

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.

APPROPRIATE CLOTHING

With the weather getting cooler and unpredictable, please make sure you send a jacket with your child for them to wear during outside play time. Also, please make sure your child has a change of clothing that is appropriate for this time of year and that they have a blanket for nap time.

CDC CLOSED!!

(Noon) Tuesday, Nov. 10th
& Wednesday, November 11th

Thanksgiving Week
Monday-Friday
November 23rd-27th

CURRICULUM

Theme:
Being Thankful

"What We Are Thankful For". We will also learn about Social Skills and Manners.

Academic Activities

Letters:	**I & J**
Numbers:	**7 & 8**
Color:	**Brown**
Shape:	**Rectangle**

Sample of Arts & Crafts Activities

Turkey with Leaf Feathers, Handprint Turkeys, Being Thankful Collage, Handprint Apron, Scarecrow

Daily Practices:

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

WHEN YOU THOUGHT I WASN'T LOOKING

By Mary Rita Schilke Korzan

When you thought I wasn't looking, you displayed my first report and I wanted to do another.

When you thought I wasn't looking, you fed a stray cat, and I thought it was good to be kind to animals.

When you thought I wasn't looking, you gave me a sticker and I knew that little things were special things.

When you thought I wasn't looking, you put your arm around me and I felt loved.

When you thought I wasn't looking I saw tears come from your eyes and I learned that sometimes things hurt--but that it's all right to cry.

When you thought I wasn't looking, you smiled and it made me want to look that pretty too.

When you thought I wasn't looking, you cared and I wanted to be everything I could be.

When you thought I wasn't looking...I looked…
and wanted to say thanks for all those things
you did when you thought I wasn't looking.

NOVEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10 CDC CLOSED @ NOON	11 CDC CLOSED	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30				30	

THANKSGIVING WEEK
CDC CLOSED!

LAS VEGAS PAIUTE TRIBE
CHILD DEVELOPMENT CENTER
1321-1/2 Ken Street
Las Vegas, Nevada 89106
702.386.0040

NOVEMBER 2026 Breakfast & Snack Menu

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

NOVEMBER 2026
Lunch Menu

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1	2 Swedish Meatballs w/ Noodles Broccoli Applesauce Milk	3 White Mac & Cheese w/Hidden Cauli Broccoli Pears Milk	4 Chicken Parm w/ Veggie Spaghetti Banana Milk	5 Cheesy Omelet Pancake Puffs Peaches Milk	6 Creamy Bacon Tortellini Fava Beans & Carrots Oranges Milk	7
8	9 Turkey Meatballs w/ Alfredo Bow Ties Broccoli Mixed Fruit Milk	10 Cheesy Omelet Chocolate Croissant Apples Milk	11 French Toast Sticks Scrambled Eggs Peaches Milk	12 Chicken Bites w/Mac & Cheese Green Peas Oranges Milk	13 Beef Taco Pockets Corn Pears Milk	14
15	16 Chicken Meatballs w/White Mac & Cheese Green Beans Peaches Milk	17 Waffle Sticks w/ Bacon Scramble Oranges Milk	18 Penne Bolognese Carrots Tropical Fruit Milk	19 Spaghetti & Meatballs w/Veggie Sauce Pears Milk	20 Butter Chicken w/Rice & Peas Mini Naan Applesauce Milk	21
22	23 Cheeseburger Mac Broccoli Banana Milk	24 Super Spiral Pasta w/Veggie Sauce Peaches Milk	25 Scrambled Eggs & Sausage w/Potatoes Mixed Fruit Milk	26 Mac & Cheese w/Hidden Butternut Squash Pears Milk	27 Chicken Bites w/ Super Veggies Apples Milk	28
29	30 Swedish Meatballs w/ Noodles Broccoli Applesauce Milk				PORTION 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

Color Me Healthy NEWS

preschoolers moving & eating healthy

NOVEMBER

Healthy Eating Tips...

Encouraging Food Choices For A Healthy Diet

BE PATIENT. Young children may not be interested in trying few foods. Offer new foods more than once.

BE A PLANNER. Most children need a snack or two in addition to three regular daily meals.

BE A GOOD ROLE MODEL. What you do can mean more than what you say. Your child learns from you about how and what to eat. Eat meals with your child whenever possible. Walk, run, and play with your child, don't just sit on the sidelines. A family that is physically active together has lots of fun!

BE ADVENTUROUS. At the store, ask your young child to choose a new vegetable or fruit, from two or three choices. At home, your child can help you wash and prepare the food.

BE CREATIVE. Encourage your child to invent a new snack or sandwich from three or four healthy ingredients you provide. Try a new bread or whole grain cracker. Talk about what food groups the new snack includes and why it tastes good. Is the snack smooth, crunchy, sweet, juicy, chewy, or colorful?

Vegetables Seen In The Freezer Aisle

Fresh vegetables are great, however, sometimes they may not be available, you may not have time to prepare them, or they may be too expensive. Frozen or canned vegetables are GREAT and will get you well on your way to getting the fruits and vegetables you need each day. Contrary to popular myth, frozen or canned fruits and vegetables are rich in nutrients. Frozen or canned vegetables are great to have on hand when you are in a hurry or need a quick side dish to round out a meal. Choose frozen vegetables without sauce or butter. Choose low-sodium canned vegetables or rinse well to reduce sodium. Try these quick and easy ideas:

- Add frozen peas to tossed salad. Just rinse for a few minutes under warm water and they are thawed and ready to go.
- Keep canned pineapple or other fruit on hand for quick desserts, topping for frozen yogurt or to serve on cereal in the morning. Choose fruit that is canned in juice instead of heavy syrup.
- Heat canned green beans in a skillet with a small amount of soy sauce for a slightly different taste.
- Add canned or frozen peas to macaroni and cheese.
- Stir canned corn into salsa for a chunkier texture.
- Add frozen, thawed chopped broccoli to rice.

We Can Be Active In The Fall and Winter

It is easier to be physically active in the spring and summer when the weather is nice, but there are lots of outdoor activities you can do in the fall and winter. Don't let the cool temperatures discourage you:

- Go bird watching
- Clean the garage
- Rake leaves
- Stack firewood
- Go ice or roller-skating
- Go trick-or-treating
- Jump rope
- Play in the snow
- Go for a brisk walk

Color Me Healthy

Parent Bulletin Board

Plan fun, family activities. Involve the kids in planning bike rides or an action-packed day at the park.

Mealtimes are more pleasant when you give small servings and let the child ask for more.

Don't cook different foods for each family member. Prepare healthy meals that are eaten by everyone. You decide what foods are served. Your child decides whether to eat or not.

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.

Maple Glazed Carrots

INGREDIENTS

- 2 cups miniature carrots
- 1/2 cup orange juice
- 3 tablespoons maple syrup
- 1 pinch nutmeg

INSTRUCTIONS

1. Pour orange juice into a 4-cup microwave safe dish.
2. Heat 1 minute on high. Add the carrots.
3. Stir to coat the carrots with the orange juice.
4. Cover and microwave 8 to 9 minutes on high.
5. Stir again, and then add the remaining ingredients.
6. Microwave uncovered 2 minutes on high.
7. Stir and check for doneness. Cook another minute on high if needed.

NOTE: Let your child try a raw carrot while the carrots are cooking. Discuss how different they taste after they are cooked.

Food For Families On The Go

Fifteen-Minute Soup *4 servings*

INGREDIENTS

- 1 can (16-ounce) great northern beans
- 1 cup water
- 1 teaspoon (1 cube) beef or chicken bouillon
- 2 cans (16-ounce) tomatoes
- 1 small onion, chopped
- 1 teaspoon garlic salt (or regular salt)
- 1 tablespoon oil or margarine (optional)
- 1 package (10-ounce) frozen, chopped spinach
- 1/2 cup macaroni (elbow or any other shape)

INSTRUCTIONS

1. In a 2-quart saucepan, combine all ingredients except spinach and macaroni. Heat until liquid comes to a boil.
2. Stir in and break up spinach; bring to a boil again.
3. Stir in macaroni and simmer until macaroni is tender, about 6 to 8 minutes.

Prep Time: 15 minutes
Cook Time: 6-8 minutes
Calories per serving: 106
Fat per serving: 1 gram

Color Me Healthy brought to you by...

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