Early Head Start Bulletin



338 SE 1st Street - Phone: 701-227-3010 option 2 - Toll Free: 877-546-9420 - Fax: 701-225-1968

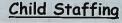
May EHS Events

May 9th - Closed for Professional Development

May 2nd and 9th - Rhame Socialization 10am-1pm Rhame School

May 16th and 30th -Dickinson Socialization 11am-12:30pm

May 26rd and 26th - EHS Closed

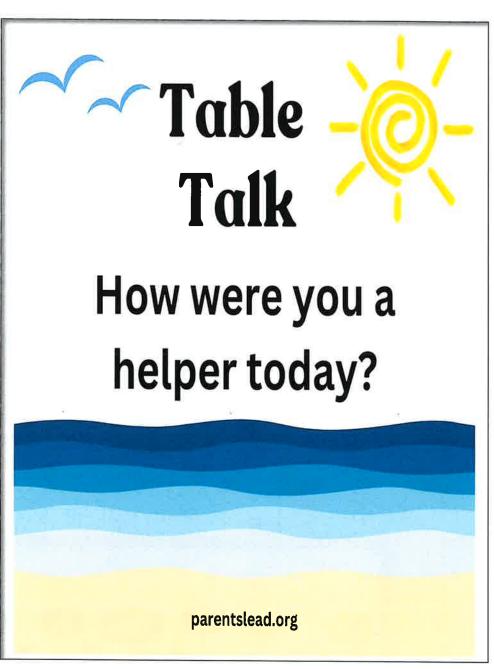


Early Head Start has
entered into an agreement
with Badlands Human
Service Center to hold
monthly meetings with
parents/guardians and
program staff, to provide
support to parents/guardians
and teaching staff.

If you would like to schedule a meeting, please contact:

Your home visitor or your child's teacher.









West Dakota Parent and Family Resource Center

Whether parenting young or not-so-young children, recovering from a divorce or separation, or coping with the day-to-day struggles family life can bring, these programs and resources are here to help.

- > Parental self-confidence
- > Effective tools for difficult behavior
- Communication skills between school and home
- Tools for child's social and academic success
- Meet other parents
- Learn more about parenting skills from each other









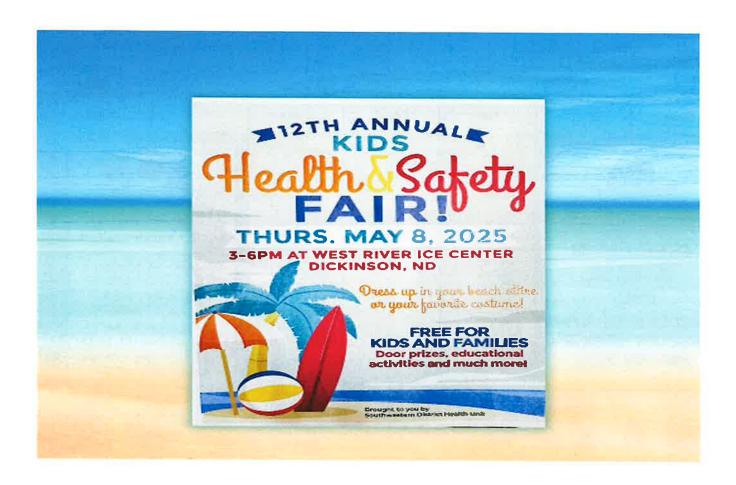






Call 701-456-0007 or email: parentresource@dpsnd.org for more information.









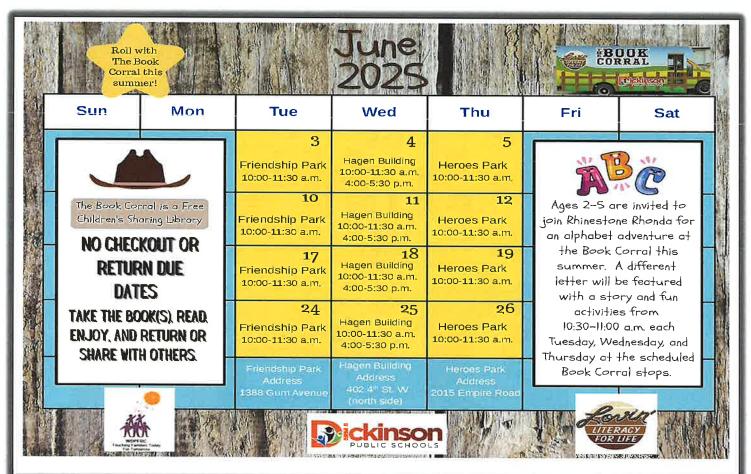
Head Start is celebrating 60 years of results!

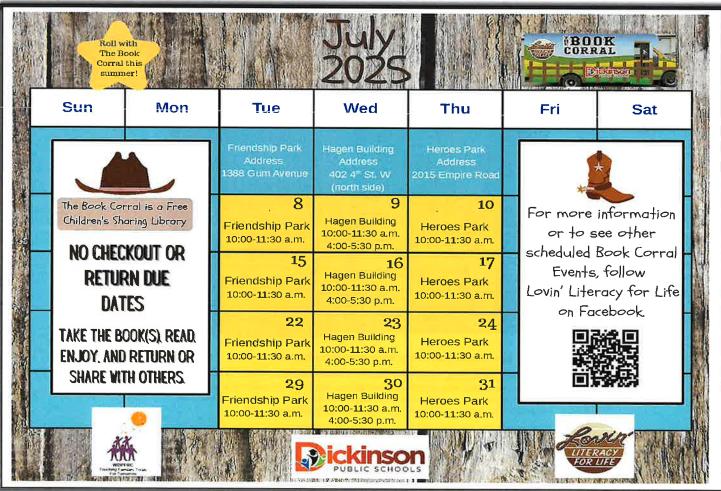
This year, communities across the country are celebrating Head Start's birthday! The National Head Start Association appreciates your dedication to ensuring every child has the opportunity to succeed, and we hope that you will join us on social media to celebrate the history and continuing importance of Head Start.



For more details and ways to celebrate: birthday.nhsa.org







May 2025 Early Head Start Center

Breakfast, Lunch & Snack Menu

	Break	fast, Lunch & Snack M	enu	
			1 Breakfast: Pancakes, Mandarin Oranges, Milk Lunch: Hamburger, WG Bun, Corn, Pears, Milk Snack: Crackers, Milk	2 Breakfast: Cheerios, Mixed Fruit, Milk Lunch: Ham/Turkey/Cheese Crackers, Carrots, Applesauce, Milk Snack: Chex Mix, Juice
5 Breakfast: Rice Krispies, Peaches, Milk Lunch: Ham Sandwich, WG Bread, Peas, Pears, Milk Snack: Cheese Stick, Crackers	6 Breakfast: Yogurt, Strawberries Milk Lunch: Chicken Taco, Cheese/Lettuce, Cucumbers, Applesauce, Milk Snack: Sunbutter & Jelly, WG Bread	7 Breakfast: Turkey Sausage Patty, Hashbrowns, Milk Lunch: Sloppy Joe, WG Bun, Green Beans, Fruit Cocktail, Milk Snack: Gold Fish, Mandarin Oranges	8 <u>Breakfast:</u> WG French Toast, Applesauce, Milk <u>Lunch:</u> Popcorn Chicken, Mashed Potatoes, Bread, Peaches, Milk <u>Snack:</u> Muffin, Milk	9 EHS Closed
12 Breakfast: Cheerios, Peaches, Milk Lunch: Turkey Sandwich, WG Bread, Cucumbers, Pears, Milk Snack: Apple Slices, Cheese Stick	13 Breakfast: Muffin, Mandarin Oranges, Milk Lunch: Chicken Patty, WG Bun, Coleslaw, Fruit Cocktail, Milk Snack: Pretzels, Sunbutter	14 Breakfast: Scrambled Eggs, Biscuit, Juice, Milk Lunch: Meatballs/Sauce WG Breadsticks, Green Beans, Peaches, Milk Snack: Mixed Fruit, Crackers	15 <u>Breakfast:</u> WG Waffle, Applesauce, Milk <u>Lunch:</u> BBQ Chicken, Brown Rice, Broccoli, Pineapple, Milk <u>Snack:</u> Yogurt, Graham Crackers	16 Breakfast: Corn Flakes, Fruit, Milk Lunch: Grilled Cheese, WG Bread, Carrots, Mixed Fruit, Milk Snack: Chex Mix, Fruit
19 Breakfast: Chex Cereal, Pears, Milk Lunch: Ham/Cheese Sandwich, WG Bread, Carrots, Applesauce, Milk Snack: Teddy Grahams, Milks	20 Breakfast: Yogurt, Pineapple, Milk Lunch: Country Style Sausage, Noodles, Cucumbers, Peaches, Milk Snack: Fresh Oranges, Crackers	21 Breakfast: Corn Flakes, Bananas, Milk Lunch: Popcorn Chicken, Mashed Potatoes. Bun, Pears, Milk Snack: Tortilla Chips, Cheese, Salsa	22 Breakfast: WG French Toast Sticks, Mandarin Oranges, Milk Lunch: Hamburger, WG Bun, Corn, Mixed Fruit, Milk Snack: Cereal/Milk	EHS Closed
EHS Closed	Preakfast: Cheerios, Pears, Milk Lunch: Ham & Cheese, WG Bread, Peas, Peaches, Milk Snack: Pretzels, Cheese Stick	28 Breakfast: Yogurt, Pineapple, Milk Lunch: Meatballs/Gravy, Noodles, Green Beans, Mixed Fruit Milk Snack: Cheez its, Fruit	29 <u>Breakfast:</u> Pancake, Applesauce, Milk <u>Lunch:</u> Popcorn Chicken, Bread, Corn, Pears, Milk <u>Snack:</u> Carrots, Crackers	30 Breakfast: Rice Krispies, Peaches, Milk Lunch: Hamburger, WG Bun, Potatoes, Mixed Fruit, Milk Snack: Graham Crackers, Milk

Lunch is served with Skim Milk or Whole Milk and Water.

All bread/grain is whole grain.

All meals are subject to change

"Head Start/Early Head Start is an equal opportunity provider."

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