



Tender Hearts Newsletter



October 2026

Important dates in October

**Oct 12–16 Tender Hearts
is closed for
Vacation**

**Oct 13 Happy Birthday to
Brittany B.**

**Oct 16 No School
(Teacher Professional
Devel. Day)**

Oct 17 Happy Sweetest Day

Oct 23 No School

Oct 30 Halloween Party!

Oct 31 Happy Halloween!

Topics for October

The topics for October are: Fire Prevention and Halloween.

On Friday, October 30th, we will have a Halloween Party. Please bring a Halloween costume in a bag and after morning snack, we will dress the children up in their costumes. Please refrain from violent costumes. We do not allow guns, swords, weapons (play or real) or violent themes or any other such materials. There is so much violence in our world today that we feel our children do not need to be exposed to such things at daycare. Thank you for your cooperation.



What we did last month

A few things we did were: made Grandparent's Day gifts, we hopped on different shapes that were on the floor with tape, painted with colorful paints on big paper, and used white chalk on a black chalkboard. We also played with playdough and hula hoops. Development screenings were completed.



Quarterly Financial Statements

I do keep track of what you have paid me for child care and I hope you are also keeping track. Your quarterly child care financial statement has been sent to you if you choose to receive it. I hope you had a chance to look it over. If you have a different quarterly total than I have, please let me know and we can figure out where the error is. I do go over my paperwork very thoroughly; however mistakes can be made.

Fall and Winter Menus

Attached are the Fall/Winter menus that will be served to the children. There is a four-week meal rotation that we have for the Spring/Summer and a different four-week rotation for the Fall/Winter. In the Spring and Summer, there are more fresh fruits and vegetables. In the Fall and Winter there are more hot lunches.

Parent/Provider Conferences

I would like to set up Parent/Teacher (Provider) Conferences with parents in November. Attached you will find a calendar for November with all the dates and times I will be available for these conferences. Please return it by Friday, October 23rd. I would like to allow one hour with each family for the conference so we have enough time. If we feel we are done in twenty to thirty minutes, well, then we will be done. I am not sure how long it will take, I just want to schedule enough time. On the calendar, I have a spot for your 1st, 2nd, and 3rd choices for the conference. We can meet at your house or my house. I will confirm with you on the date and time. If you choose not to participate in a conference at this time, there is a line you can sign as well. I will have a paper copy in your parent mailbox. If you have any questions, please let me know.

Tender Hearts Family Child Care Center Non-Infant Menu

Fall/Winter Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffles Apple Slices Milk	Pancakes Banana Milk	Oatmeal (unflavored) Apple Slices Milk	French Toast on Wheat Bread (WG) Orange Slices Milk	Cheerios Cereal Apple Slices Milk
AM Snack	American Cheese Crackers (WG) Water	Apple Slices Yogurt Water	Banana Crackers (WG) Water	Yogurt Crackers Water	Orange Slices Muffins Water
Lunch	HM Chicken Casserole Peas Carrots Milk	Hot Beef Sandwich on Bun Corn Peas Milk	Sloppy Joes on Bun Carrots Green Beans Milk	Spaghetti & Meat- balls Peas Corn Milk	Fish Sticks (CN) Rye Bread Green Beans French Fries Milk
PM Snack	Banana Yogurt Water	Orange Slices Crackers (WG) Water	Orange Slices Muffins Water	Apple Slices Pretzels Water	American Cheese Crackers (WG) Water

HM ~ Homemade
 WG ~ Whole Grain Rich
 CN ~ Child Nutrition Labeling
 Children one year of age are served Whole Milk
 Children ages two and older are served 1% Milk

Tender Hearts Family Child Care Center Non-Infant Menu

Fall/Winter Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios Cereal Applesauce Milk	Waffles Pears Milk	Pancakes Fruit Cocktail Milk	Cheerios Cereal Banana Milk	French Toast Banana Milk
AM Snack	Fruit Cocktail English Muffins Water	Peaches English Muffins Water	Pears Wheat Bread (WG) Water	Peaches Pretzels Water	Carrot Sticks Bagel Water
Lunch	HM Tuna Casserole Peas Carrots Milk	Pork Chops Wheat Bread (WG) Applesauce Corn Milk	HM Tacos Taco Shell Tomatoes & Lettuce Applesauce Milk	Chicken Breast Wild Rice (WG) Green Beans Corn Milk	Sloppy Joes on Bun Peas Green Beans Milk
PM Snack	Carrot Sticks Crackers (WG) Water	Fruit Cocktail Bagel Water	Peaches Crackers Water	Carrot Sticks Bagel Water	Pears Crackers (WG) Water

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Tender Hearts Family Child Care Center Non-Infant Menu

Fall/Winter Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French Toast on Wheat Bread (WG) Applesauce Milk	Cheerios Cereal Banana Milk	Waffles Orange Slices Milk	Pancakes Grapes Milk	Oatmeal (unflavored) Fruit Cocktail Milk
AM Snack	String Cheese Fruit Cocktail Water	Applesauce Pretzels Water	Banana Yogurt Water	Orange Slices Wheat Bread (WG) Water	Grapes English Muffins Water
Lunch	HM Hamburger Cas- serole Peas Carrots Milk	HM Beef Stew Wheat Bread (WG) Carrots Potatoes Milk	HM Meatloaf Wheat Bread (WG) Mashed Potatoes Corn Milk	HM Chicken Alfredo Broccoli Carrots Milk	HM Pizza on Pizza Crust Sausage & Cheese Tomato Sauce Apple Slices Milk
PM Snack	Banana Bagel Water	Fruit Cocktail Bagel Water	Applesauce Pretzels Water	Grapes Yogurt Water	Orange Slices Wheat Bread (WG) Water

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Tender Hearts Family Child Care Center Non-Infant Menu

Fall/Winter Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios Cereal Banana Milk	French Toast Peaches Milk	Cheerios Cereal Pears Milk	Waffles Apple Slices Milk	Pancakes Banana Milk
AM Snack	Carrot Sticks Crackers (WG) Water	Banana Crackers (WG) Water	Peaches Bagel Water	Pears Yogurt Water	Colby Cheese Crackers (WG) Water
Lunch	HM Tuna Casserole Carrots Peas Milk	Cheeseburgers on Bun Corn French Fries Milk	Chicken Breast Wheat Bread (WG) Peas Carrots Milk	Hot Dogs Wheat Bun (WG) Corn Peas Milk	Grilled Cheese on White Bread Tomato Soup Apple Slices Milk
PM Snack	Peaches Yogurt Water	Carrot Sticks Pretzels Water	Carrot Sticks Crackers Water	Colby Cheese Crackers Water	Pears Bagel Water

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November 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (Set clocks back) Not Available	2 5:30—6:30 6:30—7:30 7:30—8:30	3 5:30—6:30 6:30—7:30 7:30—8:30	4 Not Available	5 5:30—6:30 6:30—7:30 7:30—8:30	6 5:30—6:30 6:30—7:30 7:30—8:30	7 Not Available
8 Not Available GO PACK GO!!!!	9 Not Available	10 5:30—6:30 6:30—7:30 7:30—8:30	11 Happy Veterans Day Not Available (Katy is closed for Holiday)	12 5:30—6:30 6:30—7:30 7:30—8:30	13 5:30—6:30 6:30—7:30 7:30—8:30	14 Anytime from 10:00am to 3:00pm
15 Not Available GO PACK GO!!!!	16 5:30—6:30 6:30—7:30 7:30—8:30	17 5:30—6:30 6:30—7:30 7:30—8:30	18 5:30—6:30 6:30—7:30 7:30—8:30	19 5:30—6:30 6:30—7:30 7:30—8:30	20 5:30—6:30 6:30—7:30 7:30—8:30	21 Anytime from 10:00am to 3:00pm
22 Not Available	23 5:30—6:30 6:30—7:30 7:30—8:30	24 5:30—6:30 6:30—7:30 7:30—8:30	25 Not Available GO PACK GO!!!!	26 Happy Thanksgiving Not Available (Katy is closed for Thanksgiving)	27 Not Available (Katy is closed for Thanksgiving)	28 Not Available
29 Not Available	30 5:30—6:30 6:30—7:30 7:30—8:30					

Above are the dates and times I am available for Parent/Provider Conference. Please look at your calendar and choose dates and times when you would like to sign up for our Parent/Provider Conference.

1st choice: _____ 2nd choice: _____ 3rd choice: _____

Please also circle where you would like the meeting to take place: Parent's house or Katy's house.

I do not wish to participate in a Parent/Provider Conference at this time: _____