



Foundations Early Childhood Education Center

941-681-3169

Annual Supply Fee

I wanted to remind everyone that September 1st, I will bill for the Annual Supply Fee. This is \$115 per child (up to 2 children). The only exception to this is VPK ONLY families, as we are not allowed to charge them.

If you are on automatic payment, your money comes out on the 1st. If you do not have automatic payment please be sure to have this paid by the end of

September.

Mark Your Calendars

September 1st- Annual Supply Fee billed

September 4th- CLOSED

September 8th- Grandparents Day

DATE CHANGE-

Christmas Concert/Fun Night—Dec. 11th

Please Be On Time/ Sick Policy

You are doing a great job getting your children here on time. Thank you! As a reminder drop off is NO LATER than 8:30 AM

Please call if you will be late or out for the day

Tis the season for illnesses. Please keep a close eye on your children. They need to be medicine and fever free for 24 hours before returning to school.

Have you joined our Facebook Page yet?

Foundations Preschool for Parents

This is a private group. It is also the fastest way for us to blast an announcement. If you have not joined, please be sure to do so.

Healthy Lunch Box Ideas

We would like to avoid candy and sugary juices.

bento lunchbox cheat sheet



- | | | | |
|----------------|--------------------|--------------|------------------|
| -CHICKEN | -WHOLE GRAIN PASTA | -GRAPES | -CHERRY TOMATOES |
| -TURKEY | -WHOLE WHEAT BREAD | -APPLES | -SPINACH |
| -BEEF | -MINI BAGEL | -ORANGES | -CUCUMBERS |
| -DELI MEAT | -CRACKERS | -BERRIES | -CELERY |
| -TURKEY DOG | -OATMEAL | -BANANA | -CARROTS |
| -EGGS | -POPCORN | -PEACHES | -SALAD MIX |
| -CHEESE | -GRANOLA | -PEARS | -BROCCOLI |
| -YOGURT | -CEREAL | -MANGO | -BELL PEPPERS |
| -CHICK PEAS | -TORTILLA CHIPS | -PINEAPPLE | -CAULIFLOWER |
| -EDAMAME | -QUINOA | -MELON | -MUSHROOMS |
| -BLACK BEANS | -RICE | -DATES | |
| -ALMOND BUTTER | -TORTILLA WRAP | -RAISINS | |
| -TUNA | -PITA BREAD | -APPLE SAUCE | |

BENTO BOX COMBO IDEAS

- turkey cheese rollups + popcorn + apple slices + carrots in ranch
- cheese quesadilla + bell peppers + pineapple
- turkey dog on whole grain bun + cucumber chips + raisins
- oatmeal yogurt + blueberries
- spinach egg cheese omllette + toast + oranges
- beef tomato sauce pasta + peaches + shredded cheese
- tuna on pita bread + salad mix + apple sauce
- almond butter and jelly on bread + chips
- chicken broccoli cheese rice + pears cup
- string cheese + crackers + banana + celery and ranch
- black beans and rice with tomatoes + mango cup

freestevents.com

Spirit Day

Flamingo Friday

Wear your flamingo gear or anything with Pink - Friday 22nd

