

September 2008



Out to  
**LUNCH!**

### **Back To School Tips**

It is that time of the year again - back to school! It goes without saying; you can never have too many lunch ideas!

1. Save your yogurt containers! After eating the yogurt, wash them thoroughly and fill with liquid Jell-O or pudding mixture (before it sets), cap, and refrigerate. This gives you individual snack-sized Jell-O or pudding at a fraction of the cost.
2. Take leftover cooked chicken and make chicken strips. Pack dippers such as salsa, ranch dressing, barbecue sauce, ketchup, honey mustard, or pizza sauce.
3. Use a variety of breads. Try Italian varieties, sourdough, different grains, Hawaiian bread, and different rolls.
4. Pack string cheese or cheese cubes. Send along bread sticks or crackers to eat with them. Or pack a prepared cheese spread with breadsticks for dipping.

NEW

S

Welcome  
Ms. Paula  
To the Toddler  
Room!!!!

Boots



## Raspberry-Melon Gelatine Royale



This is an elegant, refreshing dessert -- a cross between a Kir Royale and a gelatin fruit dessert. It'd be great for a summertime celebration, or simply at brunch.

### Gelatines:

1/4 medium ripe melon such as cantaloupe, honeydew, Crenshaw or watermelon

1 1/2 cups fresh raspberries

1 pack unflavored gelatin (1/4 ounce)

2 cups Prosecco or other sparkling wine, fresh or flat

3/4 cup sugar

1/4 cup water

### Whipped cream:

1/2 cup heavy cream

1 tablespoon confectioners' sugar

For the Gelatines: Use a melon baller to portion the melon into small round balls. Divide the melon balls and half the raspberries evenly among 4 tall narrow glasses or dessert cups, about 8 ounces each.

Sprinkle the gelatin over 1 cup of the Prosecco and stir to combine (fresh sparkling wine will bubble up, so do this in a medium bowl with room for froth). Let stand until the gelatin softens, about 5 minutes.

Toss the remaining raspberries with the sugar and water in a medium saucepan and heat over low heat until raspberries break down and sugar dissolves, about 5 minutes. Pour off about 3 tablespoons of the raspberry juice, and reserve for flavoring the whipped cream.

Add the remaining Prosecco to the berries in the saucepan and heat over medium-low until the berries break up and flavor the wine, about 2 minutes. It's best not to let the wine boil. Stir in gelatin mixture until dissolved, about 1 more minute. Strain and press through a fine mesh strainer to remove any fruit pips. Pour Prosecco gelatin into glasses over the fruit and refrigerate until set, about 3 hours.

For the Cream: Just before serving whip the cream and sugar until soft peaks form. Fold in the reserved raspberry juice. Dollop the cream on top of each set gelatin and serve.

## September Themes

### • Me & My Family

Every Preshooter loves to show off what they can do. This month will allow them to explore different things they can do, important personal safety, as well as discuss families of all shapes and sizes.

### • Fabulous Fall

Leaves are falling all around, red, yellow, orange, and brown. What else is happening in the world during this fun time of year? Math, Science, arts and crafts are used to explore different aspects of fall.

**Letters: M, F, A**

**Numbers: 1, 2**

**Shape: Circle**

**Colors: Red & Yellow**

## Reminders

### Parent Teacher Back to School Night

#### The Learning Center

436 Ridge Road

North Arlington, NJ 07031

Sample "Tastefully Simple" products

and meet new friends.

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**OUR FUNDRAISER!!!!**

**Yellow Day**

September 10<sup>th</sup>!!!

**Red Day**

September 24<sup>th</sup>!!!

**WEAR YOUR  
COLORS!!!**

## Birthdays

**Anthony  
DelaCalle:**

September 20<sup>th</sup> – 3 yrs



**Daly News**

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[www.YMCAinfo.org](http://www.YMCAinfo.org)