

# Beef Fried Rice Recipe

- 1 lb. boneless beef sirloin steak, thinly sliced
- 2 cups frozen stir-fry vegetables
- 1 cup fat-free reduced sodium chicken broth
- 3 Tbsp. Catalina Dressing
- 2 Tbsp. soy sauce
- 2 cups instant brown rice, uncooked
- 1 can (11 oz.) mandarin oranges, drained
- 1/3 cup chopped green onions

Cook meat in nonstick wok on high heat 3 min. or until evenly browned, stirring occasionally. Add next 5 ingredients; stir. Bring to boil; cover. Simmer 5 min. Remove from heat. Let stand 5 min. Add oranges and onions; fluff with fork. Note: If you don't have a wok, you can use a large skillet sprayed with cooking spray instead.

Chef Solus Food Safety Word Search Puzzle!

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| Y | R | H | G | I | B | S | O | L |
| Y | Y | U | G | P | T | D | N | L |
| A | I | R | E | T | C | A | B | I |
| P | A | O | S | W | E | N | K | H |
| G | U | C | Y | L | U | B | B | C |
| T | R | O | C | K | E | Y | H | D |
| F | R | O | Z | E | N | N | G | V |
| E | D | K | F | N | H | E | A | P |
| B | S | E | P | A | R | A | T | E |

COOK  
SOAP  
FROZEN  
CLEAN  
SEPARATE  
CHILL  
BACTERIA

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## HAPPY NEW YEAR



### Check Yourself Class

The Eastern Plains Safe Shelter will be hosting a class on bullying called Check Yourself! The class will be for kids ages 5 to 12. It will be on February 23rd at 2 p.m. and will be FREE of charge. Call 1-888-602-6226 to find out your location and more information.

### Connect For Health

“Connect for Health Colorado is a new health insurance marketplace and support network that allows individuals, families, and small employers to compare and purchase health plans in a convenient way.”

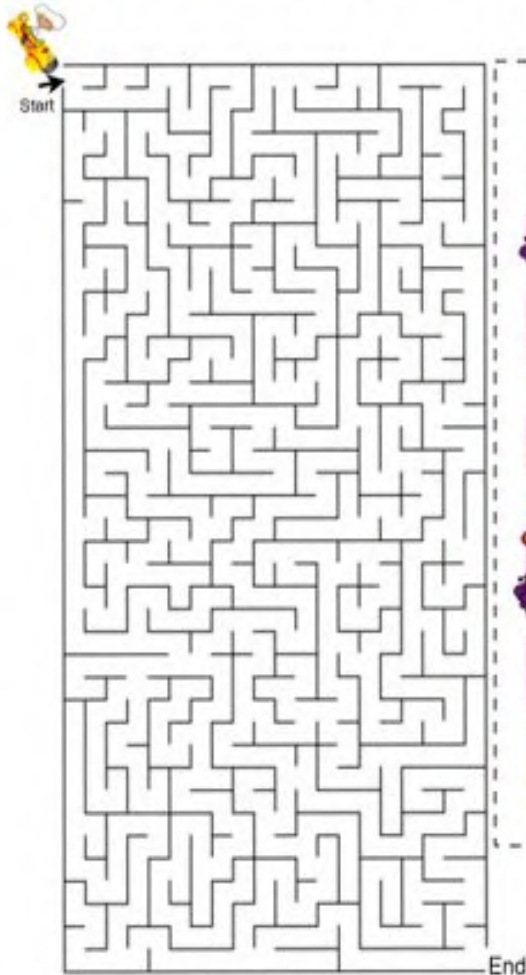
There are sites in all three of our counties where Health Coverage Guides can provide individual help with the process.

Learn more at:  
[www.connectforhealthco.com](http://www.connectforhealthco.com)

Locally, call a Health Coverage Guide for help at the following locations:

- Cheyenne County Public Health 719-767-5616
- Kit Carson County Health and Human Services 719-346-7158
- Prairie Family Center 719-346-5398
- Lincoln County Public Health 719-743-2526
- Lincoln County Human Services 719-743-2404

Help Chef Solus find his way to the farm to get more fresh fruits!



Cut out your certificate and write in your name!



## FARM ANIMALS



r s h e e p t w z j i g  
 d i c h n n s c w j d t  
 o n h k h t h u u v b i  
 g h i p f n b m p k k j  
 v h c q g g d e i f f k  
 o e k s o o u q g f g q  
 m x e o o a c i k h k p  
 z g n f s t k c f z z c  
 x q h g e l h o r s e w  
 d w c a t j h j c v a r  
 o s i s b d o s n j q l  
 u a l h f x u k c o w j

goat pig horse  
 cow cat sheep chicken  
 dog duck goose

Through exposure to and exploration of books and print, and through conversations that prompt children to discuss the people and important events in their lives, children discover that written words are another way to share ideas. A child who enters school experiencing the joy of a storybook, developing awareness of letters of the alphabet and demonstrating the ability to write a few letters, is a child well prepared to learn to read and write.

### Preschool Reading, Writing, and Communicating Expectations at a Glance

|                             |   |
|-----------------------------|---|
| 1. Oral Expression and      | 1. Conceptual understanding conveyed through vocabulary words can occur using a variety of modalities |
|                             | 2. Listening and comprehension skills are required to be clearly understood                           |
|                             | 3. Early knowledge of phonemic awareness is the building block of understanding language              |
| 2. Reading for All Purposes | 1. Print conveys meaning  |
|                             | 2. Symbol, object, and letter recognition is a fundamental of reading and requires accuracy and speed |
| 3. Writing and Composition  | 1. Pictures express ideas   |
|                             | 2. Letters are formed with accuracy   |
| 4. Research and Reasoning   | 1. Relevant information is different from nonrelevant information                                     |
|                             | 2. Problems can be identified and possible solutions can be created                                   |

## **FUN IDEA**

Practice your kicking skills. Roll up a big pair of socks and kick them across the room into a laundry basket turned onto its side.

## **COOKING CLASS**

Hosted by Colorado East Community Action on January 23rd at the Limon Community Building beginning at 5:30. Come Hungry!! RSVP 719-775-8586