

WEST SALEM MIDDLE SCHOOL

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Dear Families,

The holiday season is upon us, and our students are continuing to learn and grow as we make our way towards winter break. The monthly newsletter is one of the ways in which we communicate the efforts in developing WSMS students both academically and emotionally through our instructional and homeroom programming. As such, I would like to draw your attention to a yearly tradition that highlights a part of our district mission statement: To Serve With Passion.

In December, we focus on the spirit of giving and service with an annual Christmas Basket Food Drive. We hold this drive in conjunction with the West Salem Lions Club. Last year, we provided over 70 holiday food baskets to families and senior citizens in the West Salem area. We will continue this proud tradition of community service this year. Look for more details within the "Counselors' Corner" section of the newsletter.

We will have no school December 21 - January 1. School resumes on January 2. Our 1st trimester ended on November 26. Speaking of report cards.... recently, School Report Cards were released throughout the state. We are proud to report that WSMS once again holds a distinction of "Exceeds Expectations." Congratulations to our students, staff and community for this great accomplishment.

On behalf of our staff, we hope you have a great winter break with your children, family and friends. We look forward to continuing to work together as a team with you to provide your child with the best educational experience here at West Salem Middle School. There is no greater gift than to have a positive impact on a child's life. This holiday season, I'm reminded how fortunate we all are with the opportunity to share in this gift.

At WSMS, It's a Wonderful Life!

Ben Wopat

WSMS Principal

www.twitter.com/coachwopat

Early Release Dates
Wednesdays
Release at 12:20
Buses leave at 12:30
February 5
May 7

Table with 2 columns: Item Name and Page Number. Includes items like Calendar of Events School/Athletics (2), Winter Choir/Band Concert (3), Counselors' Corner (4), Student of the Month (5), Grade 5 (6), Grade 6 (7-9), Grade 7 (10-11), Grade 8 (12-14), Spanish (15), Music-Kinstler (16), Music-Nimm/Healthy Living (17), Art (18), Farm to Table (19), Lunch Menu (20-21).



Happy Holidays from all of us at West Salem Middle School!

Calendar of Events-School

December 10	6:00 p.m.	7th Grade Choir Concert
December 10	7:30 p.m.	8th Grade Band Concert
December 20		LAST DAY OF SCHOOL BEFORE WINTER BREAK
December 21 - January 1		NO SCHOOL - WINTER BREAK
January 2		FIRST DAY BACK FROM WINTER BREAK
January 8-11		Grade 7 - Trees for Tomorrow
January 14	7:00 p.m.	Grade 6 - Band and Choir Concert

Calendar of Events-Athletics

6th, 7th and 8th Grade Athletics - Please click on link below to see game/meet dates and times:

<https://www.wsaalem.k12.wi.us/content/schools/middle-school/activities/athletics>





WSMS Band & Choir Holiday Concerts

Tuesday, December 10

Marie W. Heider Center for the Arts

6:00 p.m. - 7th Grade Choir

(full uniform, report at 5:30 p.m. at the high school music rooms)

7:30 - 8th Grade Band

(full uniform, report at 7:00 p.m. at the high school music rooms)



Come join our young musicians for a fun evening of music, with a touch of holiday cheer!

Counselors' Corner
Ms. Becker - Mr. Lang



Happy December!

With a focus on gratitude and giving we will be spreading kindness to our community for the month of December. Once again, the middle school will join forces with the West Salem Lions Club to put together food baskets for local families. We will collect non-perishable items at school, and members of the Lions Club will deliver them to area families in need. What may seem to be a small gesture of giving certainly goes a long way for the people on the receiving end! Last year, we put together over 70 boxes. This year is proving to be a challenging time for many families so we are hoping to rise to this challenge and be just as successful.

Please consider donating some of the suggested non perishable items. We will kick off this event on Monday, December 2nd, and run it through Wednesday, December 18th. Members of our local Lions Club will pick up the baskets on Friday, December 20th. The Lions Club will add additional items such as fruit and vegetables and a Hansen's voucher and deliver them before Christmas. Please see "Christmas Basket" below for a list of suggested items. Items will be collected during Homeroom times, so please feel free to send an item or two to school with your student. Thank you in advance for your generosity, kindness, and support. We hope to make this year's collection better than ever!

~Ms. Becker & Ms. Broughton

Christmas Baskets

We are asking each homeroom to fill a box (or two!) with UNEXPIRED, non-perishable items, including the following:

Cans of fruit	Canned juices	Brownie/cake mixes
Cans of vegetables	Peanut butter & jellies	Spaghetti sauce and noodles
Cans of soup	Macaroni and Cheese	Oatmeal/cereal
Meat/Tuna Helpers	Cans of tuna or chicken	Sugar
Box potatoes	Flour	Stuffing
Crackers	Kleenex/Facial Tissue	Toilet paper
Paper towels	Napkins	Other?
Plastic silverware	Dish soap	

We will collect these items in homeroom from December 2 – 18. We hope that all WSMS students will be able to experience the joy of giving at this time of year!

Thank you.



STUDENT OF THE MONTH

Each month, teachers send nominations for Student of the Month. November's focus was ACT RESPECTFULLY/POSITIVE COLLABORATION. Below is a list of three students from each grade level that were chosen because they embody November's focus. Mr. Wopat and Ms. Beld notified parents of this accomplishment and met with the students on November 26th for individual and group photos.

Grade 5

*Brady Katona
Roxanna Johnson
Shelbie Pronschinske*

Grade 6

*Audrey Steinborn
Brandt Tomfohrde
Caden Waters*

Grade 7

*Ellie Berra
Owen Draxler
Camden Fosbinder*

Grade 8

*Kesler Korish
Ethan Reetz
Michael "Ike" Shea*

*CONGRATULATIONS for making a difference in lives of others!
We appreciate YOU!*

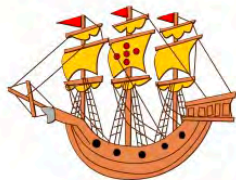


5th Grade December Update



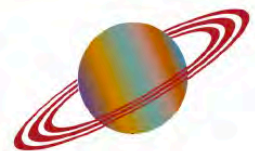
Math: We will be doing an ugly sweater math project. This project will apply what the students learned in the first trimester. Then, we will be starting our next unit. This unit focuses on multiplying and dividing fractions. As always, knowing your multiplication and division facts is extremely important for this unit!

Reading and Writing: With the new trimester, we are shifting our focus to informational text and writing. We focus on finding the main ideas and details, recognizing text features, and looking at different text structures. Students will apply that knowledge to their informational writing about a historical event.



Social Studies: Students will continue to study different explorers. They will focus more on the Western Hemisphere exploration. After they complete the explorer simulation, they will start to focus more on the first English settlements in America.

Science: Students will start their next science unit in December. This unit will focus on planets and space. As part of this unit, students will complete a project about a space-related topic. The majority of the project will be completed during science class in the month of January.



D.A.R.E.:

Students will begin weekly D.A.R.E. lessons with La Crosse County Deputy Cody Bernhardt. This program gives kids the skills they need to handle the pressures that adolescence brings. This will eventually lead to a reflection paper and visual project. Our D.A.R.E. program will end with a graduation ceremony in March.





6th Grade News!

December 2024

Reading and English - Mrs. Schultz & Mrs. Buisman

ELA is combined this month!!

Gods, Goddesses- the immortals; men, women, and heroes- the mortals; these beings will be the topic of our next unit of study on myths. For this special unit, English and Reading will be combined!! Myths are stories which teach morals or lessons and proper human behavior. In some instances, myths give explanations of nature and why things are as they are. This month we will be exploring the Ancient Greek myths and Greek Theatre. When learning about Greek Theatre, students will try out some note-taking skills. We will investigate fractured fairy tales to see how authors have given those traditional stories a modern twist with added humor. Then the sixth graders will create a script and perform a skit involving one of the myths studied giving it their special twist to "fracture" it. Before the Winter break, the Greek Drama Festival will feature the best groups from each class and their mythological creation! Be sure to find out your student's favorite Greek myth!

Students will continue to hone their reading skills by completing a daily log about their action/adventure novel. Happy Reading!!

Math- Mrs. Alo and Mrs. Jehn

In December students will continue working in Chapter 4 which covers percentages and real-life percent problems. This is another great chapter because it focuses on skills they will use the rest of their lives such as finding the best deal in order to save the most money. Ask your student to help you find the price after coupons and discounts that take a percentage off the original price. Have them help you figure out the tip for the

Grade 6 - continued

2

server at the restaurant or for the hairdresser. Maybe with their new skills they will be able to help you save money as you shop for Christmas!

Right before break, students will begin the first half of Chapter 5 which is all about algebraic expressions and properties. Many of the concepts such as a variable, combining like terms, and the various properties will be new to students.

Advanced Math- Mrs. Jehn

Students will work in Chapter 7 in the month of December which covers geometry topics including area, surface area, and volume. Students will learn the areas of parallelograms, triangles, trapezoids, kites, and composite figures. Then they will then learn to find the surface area and volume of three-dimensional figures including prisms and pyramids.

They will also begin working in the first half of Chapter 8 - Integers, Number Lines, and the Coordinate Plane. Understanding positive and negative integers typically is easy for students because they have grown up in Wisconsin. Later when they extend their thinking to use the basic math operations with positive and negative integers this concept becomes a little more difficult.

Science- Mrs. Jarosh

Moving Molecules in 6th Grade Science!

Students were able to see how thermal energy impacts molecular movement by heating/cooling the gas inside a test tube. The kids have also been working hard to learn the first 20 elements of the Periodic Table. Ask your child about the Periodic Table song. We are working towards being able to make a model of a simple molecule.



Grade 6 - continued

3

Social Studies- Mrs. Jeranek

Ancient Egypt will be our focus in December. We will explore the location and geography of Egypt and research the unintended (nature-made) and intended (man-made) technologies that improved Ancient Egyptian lives. Some of those technologies are still used throughout the world today!

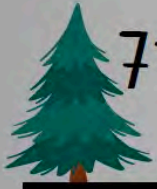
Further into December, we will continue to study Ancient Egypt with a focus on Economy: the jobs people held and the conflicts that occurred between social classes. Ancient religion allows us to study scientific and mathematical developments necessary for pyramid construction and mummification to reach the afterlife, along with the movement of Israelites out of Egypt to reach their Promise Land.



To culminate our unit, students will be asked to research an Egyptian topic they'd like to know more about. Focusing on reading informational strategies, students will share their findings with their classmates. Have a wonderful December!

Reminders:

- Students need headphones at school every day.
- Students need to bring a charged iPad to school each day.
- Gum is not allowed in 6th grade.
- If students are absent, they need to check Google Classroom and Homework Hotline and get themselves caught up.
- No school on November 27-29 (Thanksgiving break)
- No school on December 23 - January 1 (Christmas break)



7th Grade December Newsletter

ELA



Ms. Friell and Mrs. Rochester

Class Supplies: All students are required to have their binder and composition notebook. Both are left in the classroom to ensure they are never lost and are easily accessible. In addition, students should bring headphones and an independent book to class each day.

Lessons: Work to be turned in for a grade is posted on the homework hotline. If a student needs to miss school, please check GC for required work.

Writing and Language: Each class period, we practice working on sentences and/or parts of speech. Word Work also includes learning roots and spelling words. Student have been reviewing and learning strategies to write paragraphs and summaries. We will also be starting our argument unit.

Reading: During December, we will be reading Refugee. This novel follows three separate characters as refugees of world events. Students will be expected to read at school. Students will be assessed on reading and writing learning targets as they read the novel.

Math



Mrs. Piersma and Mrs. Weber

We just finished up Unit 3 where we were introduced to algebra and using variables. We learned to simplify, add and subtract expressions by identifying and combining like terms. This will help us in our next unit which is solving equations and inequalities. We hope you had a wonderful Thanksgiving break with your families. Mrs. Burdick will be done teaching and Mrs. Piersma will be back after Thanksgiving. Mrs. Burdick would like to say thank you to all the kids for making her time with them so enjoyable! This is a great group of kids and she has truly enjoyed learning right along with them.

Dates to Know



Dec. 20- Holly Daze

Dec. 23-Jan. 2- Winter Break/No School



Tips/Helpful Links

PLEASE CHARGE YOUR IPAD EVERY NIGHT

[HOMEWORK HOTLINE](#)

Pre-Algebra

Mrs. Weber



I hope you all enjoyed your Thanksgiving break with your families! It is hard to believe how fast this trimester has gone. We just finished up the 7th grade book and will be moving onto the 8th grade book. We still have a lot to get through but we are making great progress. Kids are adjusting better to the expectations of being in an accelerated class. I hope their hard work continues the rest of the year.

Grade 7 - continued

Science

Mr. Baker



Throughout November, we have been learning about how cells get their energy. This involved photosynthesis, respiration, and fermentation! Students got their heart rates up to an 80s workout or Just Dance videos for our respiration lab, measured the amount of oxygen produced in plants for the photosynthesis lab, and inflated gloves for our fermentation lab! Some students may have even made bread at home as part of a bonus activity! In December, we will jump into genetics and dissect deer hearts!



Social Studies

Mr. Mahlum

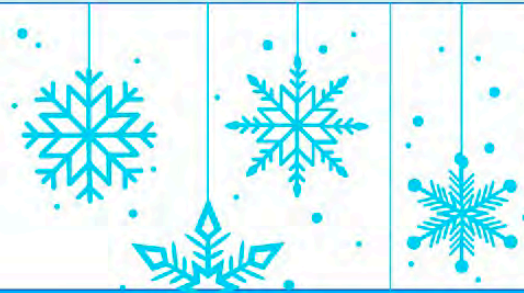


In 7th grade social studies, we will start to look at the Bill of Rights. These first ten Amendments to the US Constitution include many of the freedoms we have. Students will first look at the 1st Amendment and examine how those five freedoms impact our lives. Students will also look at the rights of those accused of a crime and how they protect us from being treated unfairly.



GRADE 8

newsletter



DECEMBER EDITION

ELA- Mrs. Meyer & Ms. Sackett



In 8th grade ELA, we have been focusing on identity since the start of the year. Beginning in December, we will transition from looking at our own identity to looking at the barriers faced by people throughout time. Students will start by selecting one book from a list of over 200 books to read with a character facing some type of barrier. We will use the topics from their selected books and the following WI State Civics Standard to guide exploration for their research paper. SS.PS2.c.m (6-8 grade) Compare and contrast the political, social, and economic status of marginalized groups both historically and in the present, both in the United States and worldwide. Investigate how groups (e.g., women, religious groups, civil rights groups, indigenous peoples, LGBTQ) have advocated for access to greater rights. Students have complete choice in all activities leading up to research and in the topic that they choose to research. Once students have selected their topic, we will do some practice note taking with the teachers to prepare them for eventually taking their own notes for a research paper. Although our major writing focus is changing, our classroom routine is staying the same, allowing for plenty of practice reading and writing a variety of pieces. We also started our next read aloud, *Linked* by Gordon Korman, prior to leaving for Thanksgiving break and will finish it before Holiday Break.

December Targets

- R.1 Make logical inferences from a text
- R.2 Cite textual evidence that strongly supports an analysis of a text
- R.3 Determine one or more central ideas and analyze their development over the course of the text
- R.4 Provide an objective summary of a text
- R.5 Analyze how parts of a text reveal aspects of a character
- S.2 Analyze the purpose of information presented in diverse media and formats
- S.3 Evaluate the effectiveness of the presentation
- L.1 Correctly write compound sentences
- L.2 Correctly write complex sentences
- L.4 Demonstrate appropriate use of the conventions of standardized English grammar and usage when writing or speaking



ALGEBRA- Mrs. Coe

We will wrap up Unit 4 on Writing Linear Functions and begin Unit 5 on Solving Systems of Linear Equations. We had our first two Mathcounts competitions in November, and will have our last in school competition in December. We will decide our official Mathcounts team before the holiday break!

The learning targets for Unit 5:

- 5.1: Solve linear systems by graphing.
- 5.2: Solve linear systems by substitution.
- 5.3: Solve systems of linear equations by elimination.
- 5.4: Solve linear systems with different numbers of solutions.
- 5.5: Solve equations by graphing.
- 5.6: Graph linear inequalities in two variables.
- 5.7: Graph and write systems of linear inequalities.

MATH 8- Mrs. Coe & Mrs. Snook

We finished up Angles and Triangles (Unit 3) mid November and started working on Unit 4 Graphing and Writing Linear Equations. We will test on Unit 4 and start working on Systems of Linear Equations (Unit 5) in December.

Regular Math (Unit 4) - Mrs. Coe and Mrs. Snook

The learning targets for Unit 4:

- 4.1: Graph linear equations.
- 4.2: Find and interpret the slope of a line.
- 4.3: Graph proportional relationships.
- 4.4: Graph linear equations in slope intercept form.
- 4.5: Graph linear equations using intercepts.
- 4.6: Write equations of lines in slope intercept form.
- 4.7: Write equations of lines in point-slope form.



SOCIAL STUDIES- Ms. Morgan

As we wrap up our study of the American Revolution this December, we will reflect on how we've explored both primary and secondary sources from a variety of perspectives. This approach has given us a richer understanding of the events that shaped our nation. Additionally, we've just begun our research project, "Unheard Voices, Untold Stories," with the goal of creating a podcast by the end of the year. Ask the students in your life what they're researching!

After the holiday break, we'll dive into the early years of our country, focusing on the challenges we faced in establishing a functional government. This period laid the foundation for what became one of the greatest experiments in political history.

Our upcoming standards will include:

- **8.AR.1:** Compare and contrast the American and British advantages and disadvantages during the war.
- **8.AR.2:** Evaluate the battle strategies and techniques that contributed to success in the American Revolution.
- **8.AR.3:** Describe the significance of major battles in the American Revolution.
- **8.AR.4:** Explain the role of allies in the American Revolution.
- **8.HTS.1:** Analyze primary and secondary sources to understand different viewpoints on an event.
- **8.HTS.2:** Gather and evaluate sources for credibility and relevance.
- **8.HTS.3:** Develop claims supported by evidence to back up reasoning.
- **8.HTS.4:** Communicate and critique conclusions effectively.

Interested in exploring further? You can take a virtual tour of **Independence Hall** or visit the **Museum of the American Revolution** in Philadelphia to deepen your understanding.





8th grade Spanish We finished up on our 2nd story - La vaca y el mono, and now we will work on our 3rd story - El libro perdido. I plan to have this done by the end of the month. This is also a good time to brush up on our Christmas vocabulary and possibly even sing some Christmas carols in Spanish.

7th grade Spanish We finished our 2nd story - La vaca y el mono, and now we can begin our 3rd story El libro perdido. I plan to have this done some time in January. As with the 8th grade group, we will also be practicing our Christmas vocabulary and hopefully sing some Christmas songs in Spanish.

5th grade Panther Time We will begin our rotation working on our greetings and farewells, we will be working on Christmas vocabulary.

6th grade Panther Time We will begin our rotation working on days of the week and months of the year, we will be working on Christmas vocabulary.

7th & 8th grade Panther Time In World Culture, we will begin our rotation learning about Western Europe covering various topics including traditions & beliefs, along with cuisine, history, travel tips, clothing, holidays, retirement, music, art, and current events.

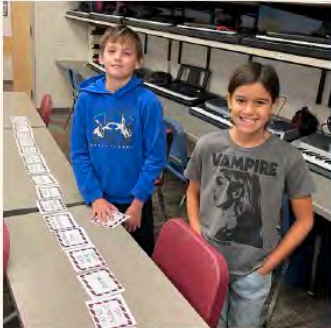
Las Posadas is a Mexican Christmas tradition that celebrates the journey of Mary and Joseph from Nazareth to Bethlehem. The celebration takes place over nine nights, from December 16 to December 24, and is marked by a variety of activities.

- Procession - each night, a child dressed as an angel leads a procession through the streets, calling out "piden posada" (asking for lodging). The host and group respond from inside, and the participants are typically refused lodging.
- Piñatas - a traditional star-shaped piñata is broken, often filled with fruit and sweets. The seven peaks of the piñata represent the seven deadly sins.
- Singing - the traditional song "Los Posada" is sung, along with Christmas carols called "villancicos".
- Food and drink - traditional foods like tamales, bunuelos, and atole are eaten, along with drinks like ponche and cafe de olla.
- Mass - sometimes the procession ends at the local church, where mass is held.

MUSIC "NOTES"



December



5th Grade General Music

We have spent a good portion of November learning note names of the treble clef and performing them on the recorder. We also dabbled in bass clef and played some familiar tunes on the piano keyboard. To wrap up our trimester, we took a deep dive in the history of "The Star Spangled Banner." We spent a day learning about the history behind when the words were written (during the War of 1812) and who the man was who wrote the lyrics (Francis Scott Key). Students then compared five different performances of our National Anthem.

6th Grade Keyboards & More

Throughout the month of November, students worked hard on their piano keyboards. Each student recorded two of their favorite songs so far and they were put together in the first Virtual Recital of the year. Then students learned how to play in G position and are even discovering what the black keys on the keyboard are called.



"Children who study a musical instrument are more likely to excel in all of their studies, work better in teams, have enhanced critical thinking skills, stay in school, and pursue further education."

~ Arte Music Academy. "Statistical benefits of music in education."

7th Grade Guitars & Musicals

Students recently took their final assessment on "The Wizard of Oz" and "The Wiz." They were asked to identify some of the songs from the musicals and why they were important to the musical. Students also watched a short TedTalk that makes claims the Frank L. Baum wrote "The Wonderful Wizard of Oz" because of the Gilded Era and they had to show how those claims were portrayed in the musicals. It is an interesting concept.



8th Grade Almost Daily Ukulele & More

We just finished up a long unit on Music in Advertising. They had a few mini projects where students had to find music that went along with visual ads, match up given royalty free songs that went along with visual ads, and create a sonic brand for a given made-up streaming service clip. They are also learning more chords on the ukulele and some familiar tunes.



Ms. Nimm - General Music/Choir/Soundscapes/African Drumming

Small Choir 6 students have begun reading music on the staff and playing recorders. They also began a big project called "The Soundtrack of My Life". They will be picking their favorite songs that match various moods as well as pinpointing specific moments in songs that make them awesome.

Soundscapes has been researching for their music magazine articles. Each student picked a music topic that interests them, and has been using a variety of research materials to gather their information.

African Drumming has completed a variety of GarageBand projects that use smart instruments and live loops. The projects have them creating their own rock band sounds, a Chinese Lullaby, and a song that represents the general vibe of their current favorite playlist.

Choir 6 added a new note to their sight-singing - Sol. They also added a new place to put Do - on the G line. They will continue working on these new concepts at every rehearsal. Students have also been rehearsing songs for their January concert. They have a variety of songs in their folders and will get to pick their favorites for the concert.

Students in Choirs 7 and 8 have been focusing on preparing for their concerts on Tuesday, December 10. They have a variety of songs to share with you that range from two to three part harmony in both groups! For the concerts: Choir 7 has a report time of 5:30pm, and a performance time of 6pm. Choir 8 has a report time of 7pm and a performance time of 7:30pm. Students should wear their music polo shirt, black pants, black socks, and black shoes.

Healthy Living - Mr. Brewer, Mrs. Olson, Mr. Reader, Ms. Serres

Colder weather is upon us! We have been transitioning indoors and switching over from invasion games to net/wall games. As we have moved inside, we would like to encourage students to have a clean pair of shoes to wear inside for Healthy Living classes. We will be mixing in more of our health-based lessons now that we are inside. We will also be reminding our students to get outside and enjoy the cooler weather so they can continue to be physically active!



MRS. HEMKER

ART NEWS

December



**2024 West Salem Lions Club
Peace Poster Winners
Camille, Cora and Tani**

Welcome to Tri 2

December

brings a new trimester. We will use the month to establish routines and begin work in various units.

5th grade will begin with names/font and abstract art

6th grade starts with a portrait sampler

7th grade dives right in to one point perspective drawing

8th grade focuses on self for the semester

Art Elective students will be using the clay watercolor palette they made to begin work with liquid watercolor painting techniques.



After School Art is off to a great start!

***meetings are on Thursdays until 4:15**

Supplies

All supplies are available for students to use in the art room. However, We do recommend students bring their own pencil, sharpie and large eraser to class if possible

hemker.angie@wsalem.k12.wi.us

HARVEST OF THE MONTH NEWSLETTER DECEMBER 2024



Beets are The Harvest of the Month!

Add beets to your favorite family meals:

- Add grated raw beets to salad.
- Mix cooked beets into mashed potatoes for a pop of color.
- Add raw or leftover cooked beets to canned vegetable beef soup and simmer until tender.

Make meals and memories together. It's a lesson kids will use for life.

Select – Choose beets with firm, smooth skins and crisp leaves. Smaller beets are more tender.

Store – Remove greens leaving about 1 inch of stem. Store beets in a plastic bag in the refrigerator for up to 2 weeks.

Prepare – Rinse beets under cool running water and scrub with a vegetable brush. Beets can be eaten raw or cooked. You can eat the beet greens too!

Did you know?

Most of the beets grown in Wisconsin are red beets, but there are also pink, purple, white, and yellow beets. Try a rainbow of beet colors!



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

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Recipe of the month

Beet Hummus

Serves 6

- 4 medium beets, ends trimmed
- 5 tablespoons fresh lemon juice
- 1 tablespoon lemon zest
- 5 tablespoons olive oil
- 1 small garlic clove, minced
- 1 teaspoon cumin, ground
- 1/8 teaspoon black pepper
- 1 can (15.5 oz) garbanzo beans (chickpeas), rinsed and drained

Directions:

1. Wash and prepare fresh vegetables and fruit.
2. Scrub beets clean under cold water.
3. Place beets in a saucepan and cover with water. Bring to a boil and then simmer on low until tender (about 20 minutes).
4. While beets are cooking, zest 1 tablespoon of lemon.
5. Cool beets and peel.
6. Place all ingredients in a food processor or blender and pulse until smooth. Or mash together in a large bowl using a masher or fork.
7. Serve with whole-wheat crackers, slices of washed bell peppers, cucumbers, carrots, and celery.

Per serving: 120 calories, 11 g fat, 5g carbohydrate, 1 g fiber, 25 mg sodium

Source: laxf2s.org



Coulee Region Farm to School is a partnership between UW-Madison Division of Extension, LaCrosse County Health Department, Mayo Clinic Health System-Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, LaCrescent-Hokah, Holmen, LaCrosse, Onalaska, and West Salem.

December 2024

Middle School
Middle Lunch 2024-25

02	03	04	05	08
<p>Lunch Entree Breaded Ravioli and Marinara Sauce Chicken Tenders <i>With</i> Cinnamon Bug Bites Turkey and Cheddar on a WG Bun <i>With</i> Sliced Apples with Caramel Dip Panther PBJ Pack Panther YOGURT Pack Vegetables Steamed Seasoned Mixed Veggies Spring Mix Lettuce Blend Broccoli Florets Hummus Fruit Pineapple Tidbits Fresh Apple Milk FF Chocolate Milk 1% White Milk</p>	<p>Lunch Entree Pork Taco on Soft Shell Chicken Fajita Taco on Soft Shell Crunchy Hawaiian Turkey Wrap <i>With</i> Pineapple Salsa <i>And</i> Baked Tortilla Chips Panther PBJ Pack Panther YOGURT Pack Vegetables Refried Beans Taco Topping Bar Spring Mix Lettuce Blend Baby Carrots Celery Sticks Fruit Diced Pears Fresh Kiwi Milk FF Chocolate Milk 1% White Milk</p>	<p>Lunch Entree Pasta and Beef Meatball Marinara Pasta with Marinara (Vegetarian) <i>Both With</i> Breadstick Ham & Cheese Chef Salad with Goldfish Crackers <i>With</i> Broccoli & Cheese Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Steamed Peas Spring Mix Lettuce Blend Fresh Red and Yellow Pepper Strips Grape Tomatoes Fruit Fresh Banana Craisins, Cherry Craisins, Orange Craisins, Strawberry Milk FF Chocolate Milk 1% White Milk</p>	<p>Lunch Entree 6" Round Cheese Pizza 6" Round Hawaiian Pizza Grilled Cheese Sandwich <i>With</i> Tomato Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Seasoned Cooked Broccoli Spring Mix Lettuce Blend Baby Carrots Hummus Fruit Mandarin Oranges Sliced Apples Milk FF Chocolate Milk 1% White Milk</p>	<p>Lunch Entree Mini Corn Dogs Alaskan Pollock Fish Sandwich on WG Bun Chicken Bacon Ranch Wrap <i>With</i> Cheddar Simply Chex Mix Panther PBJ Pack Panther YOGURT Pack Vegetables Spiral Fries Spring Mix Lettuce Blend Broccoli Florets Cucumber Slices Fruit Diced Peaches Applesauce Milk FF Chocolate Milk 1% White Milk</p>
<p>Lunch Entree Bakalar's Hot Dog on a WG Bun Brat on a WG Bun Three Cheese Cavatappi (Mac & Cheese) Roast Beef and Provolone Sandwich <i>With</i> Vegetable Beef Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Spring Mix Lettuce Blend Baby Carrots Hummus Fruit Pineapple Tidbits Raisins Milk FF Chocolate Milk 1% White Milk</p>	<p>Lunch Entree Walking Taco on Fritos Bean and Cheese Burrito Ham & Swiss on WG Croissant <i>With</i> Tropical Fruit Panther PBJ Pack Panther YOGURT Pack Vegetables Garlic Seasoned Corn Taco Topping Bar Spring Mix Lettuce Blend Baby Carrots Celery Sticks Fruit Diced Pears Fresh Kiwi Milk FF Chocolate Milk 1% White Milk</p>	<p>Lunch Entree BBQ Chicken Teriyaki Sweet and Sour Chicken Beef Snack Stick and String Cheese Charcuterie Box Panther PBJ Pack Panther YOGURT Pack Grains Seasoned Brown Rice Vegetables Spring Mix Lettuce Blend Fresh Red and Yellow Pepper Strips Grape Tomatoes Fruit Fresh Banana Craisins, Cherry Craisins, Orange Craisins, Strawberry Milk FF Chocolate Milk 1% White Milk</p>	<p>Sweet Treat Thursday! Assorted Ice Cream Cup Lunch Entree 6" Round Pepperoni Pizza 6" Round Taco Pizza Ham & Cheese Wrap <i>With</i> Cottage Cheese Panther PBJ Pack Panther YOGURT Pack Vegetables Steamed Season Peas and Carrots Spring Mix Lettuce Blend Baby Carrots Hummus Fruit Mandarin Oranges Sliced Apples Milk FF Chocolate Milk 1% White Milk</p>	<p>Lunch Entree Garlic Mozzarella Cheese Twists with Marinara Dipping Cup BBQ Pulled Pork Sandwich on WG Bun Cuban Pork Flatbread Sandwich <i>With</i> Coleslaw Panther PBJ Pack Panther YOGURT Pack Vegetables Crinkle Cut Fries Spring Mix Lettuce Blend Broccoli Florets Cucumber Slices Fruit Diced Peaches Applesauce Milk FF Chocolate Milk 1% White Milk</p>

16	17	18	19	20
<p>Lunch Entree Breaded Chicken Patty on a WG Bun Hot & Spicy Breaded Chicken Patty on a WG Bun Ham, Turkey, and Cheddar Sub <i>With</i> Chicken and Wild Rice Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Waffle Fries Spring Mix Lettuce Blend Broccoli Florets Hummus Fruit Pineapple Tidbits Fresh Apple Milk FF Chocolate Milk 1% White Milk</p>	<p>Lunch Entree French Toast Sticks with Colby Cheese Omelet French Toast Sticks with Sausage Links (2) <i>Both With</i> Syrup Chicken Caesar Wrap <i>With</i> Cheez It Crackers Panther PBJ Pack Panther YOGURT Pack Vegetables Spring Mix Lettuce Blend Broccoli Florets Radishes Fruit Warm Cinnamon Apples Mandarin Oranges Strawberry Cup Milk FF Chocolate Milk 1% White Milk</p>	<p>Lunch Entree Beef Meatballs and LS Gravy with Buttermilk Biscuit Diced Chicken and LS Gravy with Buttermilk Biscuit Hot Ham & Cheese Sandwich <i>With</i> Baked Potato Chips Panther PBJ Pack Panther YOGURT Pack Vegetables Mashed Potatoes Spring Mix Lettuce Blend Baby Carrots Cucumber Slices Fruit Diced Pears Fresh Banana Milk FF Chocolate Milk 1% White Milk</p>	<p>Lunch Entree Stuffed Crust Pepperoni Pizza Stuffed Crust Cheese Pizza Garden Salad w/ Choice of Meat, Yogurt, Cottage Cheese <i>With</i> Minestrone Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Seasoned Cooked Broccoli Spring Mix Lettuce Blend Broccoli Florets Hummus Fruit Cinnamon Applesauce Blueberries Milk FF Chocolate Milk 1% White Milk</p>	<p>Lunch Entree Breaded Fish Sticks with Goldfish Crackers Popcorn Chicken with Goldfish Crackers Turkey Bacon Sandwich on WG Roll <i>With</i> Guacamole and Tortilla Chips Panther PBJ Pack Panther YOGURT Pack Vegetables Glazed Carrots Spring Mix Lettuce Blend Baby Carrots Red Bell Pepper Strips Fruit Diced Peaches Fresh Orange Milk FF Chocolate Milk 1% White Milk</p>
23	24	25	26	27
<p>Holiday Break</p>	<p>Holiday Break</p>	<p>Holiday Break</p>	<p>Holiday Break</p>	<p>Holiday Break</p>
30	31			
<p>Holiday Break</p>	<p>Holiday Break</p>			

Menu likely to change based on product availability.

This institution is an equal opportunity provider.