

WEST SALEM MIDDLE SCHOOL



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In This Issue

**February 5
Early Release at
12:20 p.m.**

Dear Parents,

In last month’s newsletter, I mentioned that at WSMS we wanted to work with you to approach the New Year with purpose for our students. I would say we’re off to a great start! January went fast, and was filled with unique learning opportunities and activities.

This February we look to continue that momentum with a calendar full of activities to help our students learn, grow, and develop. At WSMS, our extracurricular activities provide wonderful opportunities for some of this development. Our Panther basketball, Mathcounts, Adaptive Sports League, and forensics teams have competition during the month. Good luck to all our participants!

Parent Teacher Conferences will be held on February 13th & 17th from 3:30 – 7pm. The format will be open, which allows parents to visit their classroom or homeroom teachers. 5th Grade parents: you will meet with your child’s homeroom teacher and a specific time slot will be scheduled via Skyward. There will be more information to come in an email through our Skyward System.

Our Winter Wellness Committee has completed its organization of the activities for our Winter Wellness Day on February 20th. Students have an opportunity to participate in an activity to promote physical and mental wellness. Our Winter Wellness Day continues to be an activity that our students recall as having a positive impact on them during their middle school experience. It is great for both the staff and students to have an opportunity to interact in this setting. We are looking forward to great day of learning, physical activity, and a little bit of fun as well!

As always, we look forward to continuing to work together as a team to provide your child with an educational experience that strives to meet the district’s mission - *Serve with Passion to Ignite Creativity, Innovation, and Excellence.*

**PRACTICE KINDNESS
ACT RESPECTFULLY
WORK HARD.
Go Panthers!**

Ben Wopat
Principal
www.twitter.com/coachwopat



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Counselors' Corner
Ms. Becker - Ms. Broughton



Reallyville, our homeroom curriculum has been focusing on friendships and coming up in February we will be discussing emotion and emotion regulation. Also in February, we will focus on ‘Act Respectfully’ with an emphasis on resolving conflict as well as ‘Work Hard’, with an emphasis on problem solving for PAWS.

The High School counselors will be coming over to talk to the 8th graders in early February regarding high school registration. The 8th graders have spent time on Xello, our Career Exploration portal, so that they can feel better prepared to plan their High School courses and pursue higher education or the workforce in just a few short years. This in addition to the Career fair at Western Tech hopefully gave them insight into interesting fields of study.

Cabin fever tends to set in as we approach February. Our annual Winter Wellness is scheduled for Thursday, Feb. 20. Everyone seems to enjoy this outing; from fishing and bowling to swimming and skiing to jumping, climbing, and tubing. This is time well-spent interacting with each other (kids and adults alike) and exploring our talents and potential new hobbies. Not only is it time to connect and enjoy the winter, it’s also a great way to rejuvenate as we head into the "home stretch" of the school year!

We will have “drop-in” style conferences on Feb. 13th and Feb. 17th. Please do not hesitate to contact teachers to address any concerns whenever they may arise. Communicating with teachers is a good way to show our youth that everyone is working together to help support them and to ignite creativity, passion, and excellence within them.



Meet Us in the Middle



PRESIDENT'S DAY

The Washington's Birthday public holiday is more commonly referred to as Presidents' Day in the United States and is dedicated to honoring George Washington, the first president of the United States. It is considered to be the first public holiday declared specifically to celebrate the life and accomplishments of one individual.

The public holiday is observed on the third Monday in February; however, George Washington's actual birthday was February 22, 1732. Because the observed date of Washington's birthday is not set for the third Monday in February, it is impossible for the holiday to ever fall on Washington's actual birthday. The latest possible date for the public holiday is February 21.

The holiday has been observed on a Monday since 1971. The United States Senate has a long-standing tradition



WINTER WELLNESS THURSDAY, FEBRUARY 20, 2025

**ALL students will be off campus at their activity from approximately
8:30 a.m.- 3:00 p.m.*



Calendar of Events-School

<u>Event</u>	<u>Date</u>	<u>Time/Information</u>
Early Release	February 5	12:20 p.m. (students released)
Parent/Teacher Conferences	February 13	3:30-7:00 p.m.
Parent/Teacher Conferences	February 17	3:30-7:00 p.m.
Presidents' Day	February 17	
Winter Wellness	February 23	8:30-3:00 p.m.
NO SCHOOL	February 21	
NO SCHOOL	March 21	Snow day makeup-off, unless another snow day happens before the date
NO SCHOOL	April 17	Snow day makeup-off, unless another snow day happens before the date
NO SCHOOL	April 18	Easter Break
NO SCHOOL	April 21	Easter Break

Calendar of Events-Athletics

<u>Event</u>	<u>Date</u>	<u>Time/Information</u>
8th Grade Girls BB	February 3	4:15 vs Westby @ WSMS
7th Grade Girls BB	February 3	5:15 vs. Westby @ WSMS
8th Grade Girls BB	February 6	4:15 @ Sparta Meadowview Middle School
7th Grade Girls BB	February 6	5:30 @ Sparta Meadowview Middle School
8th Grade Girls BB	February 10	4:00 @ Longfellow Middle School
7th Grade Girls BB	February 10	4:00 @ Longfellow Middle School
8th Grade Girls BB	February 11	4:00 vs Onalaska @ WSES
7th Grade Girls BB	February 11	5:15 vs Onalaska @ WSES
8th Grade Girls BB	February 18	4:30 vs. G-E-T @ WSMS
7th Grade Girls BB	February 18	5:30 vs. G-E-T @ WSMS
ASL Hockey	February 4	4:00 @ Logan @ Logan HS
ASL Hockey	February 6	4:15 vs Central @WSMS (Family Night)
ASL Hockey	February 11	4:15 vs Black River Falls @ WSMS

Student of the Month

Each month, teachers send nominations for Student of the Month. February's focus was Working Hard-Being Prepared. Below is a list of three students from each grade level that exemplified working hard and being prepared. Ms. Beld, Ms. Becker and Ms. Broughton notified parents of this accomplishment, and Mr. Wopat met with the students and took photos. Congratulations!

Grade 5

Eli Sebranek

Judah Miller

Jude Miller

Grade 6

Kendall Yahnke

Gabriel Schams

Lolo Ditto

Grade 7

Antony Glavin

Avery Skiles

Bianca Wight

Grade 8

Claire Gross

Mya Fronk

Caleb Herrera

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



Math Update:

Students have wrapped up multiplying and dividing fractions. Students applied what they know to a math project that involves adapting recipes. The next unit will focus on multiplying whole numbers and decimals. They will review multiplying multi-digit numbers and apply that knowledge to multiplying decimal numbers. A big part of this unit focuses on the power of 10 as well.

Science Update:

The students are wrapping up amazing science projects and presenting them. They will be on display in the pod. To end our space unit we will be looking at patterns on Earth in relation to our location in space. We will investigate shadows, seasons, and stars in the coming weeks.

Social Studies Update:

The American Colonies are currently being studied. Students will be learning about how the location affects people and places during colonization. In geography, we'll begin to map the New England and Middle Atlantic states and capitals. Hmmm, the capital of Maine is?

Reading Update:

Students will be part of a curriculum pilot. This pilot will start by focusing on reading informational texts focused on the ocean ecosystems. They will practice numerous nonfiction reading skills. More information about this pilot will be sent home too.

Writing Update:

Students will also be part of the curriculum pilot in their writing class. This will include language and writing responses. They will also be researching for their DARE project and presenting at the end of the month.

DARE Update:

Students will continue to work through lessons with the DARE officer, Deputy Bernhardt. During February, students will complete a project focused on one of the topics they learned about in DARE. They will be graduating from DARE on March 6th at the Heider Center. Parents are welcome to attend. We will conclude DARE with a field trip to the La Crosse County Courthouse.

5th Grade Teachers:

Mrs. Fantz, Mrs. Fink, Ms. Folkers, Mrs. Kjos, Mr. Ringlien, and Ms. Schrader



6th Grade News!

January 2025

Reading— Mrs. Schultz

6th graders will be starting to read their novels centering around Civil Rights and social diversity in America during the mid 1900s. While reading these novels students will be focusing on the following:

- Choosing appropriate reading strategies to help better understand and remember the novel
- Analyze and identify different types of conflict surrounding social issues and instances of discrimination that were happening in the novel
- Make connections between background knowledge about the era and the events in the novel
- Use quotes from the novel in discussions, including personal reactions

Students are able to bring the books home and will be assigned their first novel based on interest and reading level. Ask your student about their novel and find out what they have learned about their characters and this era so far!

English- Mrs. Buisman

In February, 6th grade writers will be wrapping up their argument/opinion unit with their final draft of their choice argument paper. The next unit students will be working on will be reviewing text structure (cause and effect, descriptive, compare/contrast, sequence, and problem/solution). Students will also be reviewing nouns (plural, possessive, and pronouns).

Math- Mrs. Alo and Mrs. Jehn

During the month of February we will complete Chapter 6 on equations. Although this chapter is brand new material and more conceptual than previous chapters, it is typically a favorite chapter for students.

Students will spend the majority of the month in Chapter 7 which covers a lot of geometry 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.

Advanced Math- Mrs. Jehn

Students will finish working through Chapter 9 - Statistical Measures in February. These skills are necessary for us to be able to work in Chapter 10 which is the last chapter of the 6th grade book. This chapter is all about data displays including stem-and-leaf plots, histograms, box-and-whisker plots. They will need to use what they learned about measures of center, measures of variation, and statistical questions in the previous chapter to describe the center, spread, and shape of the displays. By the end of February students will have completed the entire 6th grade book which is an amazing accomplishment!

Science- Mrs. Jarosh

Chemical reactions are in full force. We turned sodium bicarbonate (baking soda) into sodium carbonate by heating it up then dissolved it into water. In another beaker students dissolved magnesium sulfate. Then these two clear liquids were mixed together, students observed the forming of a precipitate! For the next few weeks, students will continue on determining if a chemical reaction has occurred.



Social Studies- Mrs. Jeranek

In 6th Grade Social Studies we have learned many geographical challenges, as well as various Greek governments which made an impact on the way of life for Ancient Greeks. February will find us finishing government books, comparing ancient and modern Olympics and researching Greek battles during the Persian and Peloponnesian Wars. We'll also learn about Alexander the Great and his control of Greek borders and beyond! Bring on the cold weather because our room will be filled with heated battles and activities in February of 2025!



Reminders:

- Students need headphones at school every
- 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.

**SAVE
THE
DATE**

**WEST SALEM K-8
SUMMER SCHOOL
JULY 7-25, 2025**

Registration
will be open
April 1 - 15, 2025

More information on class offerings and
registration will be sent out via Skyward in
mid-March



7th Grade February 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 be continuing our argument unit.

Reading: During February, we will finish 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. Students are reading a choice book as well.

Math

Mrs. Piersma and Mrs. Weber



Welcome to 2025! We have been working on writing and solving inequalities to start the year. Our next unit will be writing and solving ratios and proportions.

We also took our 2nd Fastbridge test. This is a test kids take 3 times a year to monitor growth. We were very happy with how hard kids worked on this and the growth we are seeing in all kids.

Dates to Know



- Feb. 5-** Early Release
- Feb. 13 -** Conferences 3:30-7
- Feb. 17-** Conferences 3:30-7
- Feb. 18 and 19-** Winter School Forest Days
- Feb. 20-** Winter Wellness
- Feb. 21-** No School/Inservice



Tips/Helpful Links

PLEASE CHARGE YOUR IPAD EVERY NIGHT

[HOMEWORK HOTLINE](#)

Pre-Algebra

Mrs. Weber



Happy 2025! We have been cruising through our unit on types of angles and measurement of angles in polygons. In our next unit, we will be learning about slope, how to find slope of different lines and how to write different equations once we find that slope.

I have to say how impressed I am at how much the kids have improved on their mathcounts. They are solving problems using skills above their level and have found many new strategies along the way. It is fun to listen to the conversations had during their work time.

GRADE 8

newsletter



FEBRUARY EDITION

ELA- Mrs. Meyer & Ms. Sackett

We ended January spending several days reading and collecting research to support the answers to our questions for our research papers. We are now working hard to finish our barriers research papers. These are due in the middle of February. It's been a long process, but all of the work we've put in has helped immensely for the final product. In addition to researching, we are continuing to practice our reading strategies/concepts while back to reading choice books. We continue to analyze and evaluate multimedia messages for purpose and effectiveness.

Targets scored this month

Reading

- R.1 Make logical inferences from a text
- R.2 Cite textual evidence that strongly supports an analysis of a text

Speaking

- S.2 Analyze the purpose of information presented in diverse media and formats
- S.3 Evaluate the effectiveness of the presentation

Language / Writing

- 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
- W.3 Clearly introduce an examined topic by beginning with a hook, including background information, and finishing with the thesis statement.
- W.4 Write a conclusion that provides closure and ties up loose ends.
- W.5 Create writing that utilizes effective transitions.
- W.7 Produce writing authentic to task, purpose, and audience.
- W.9 Quote the data and conclusions of others while avoiding plagiarism.
- W.10 Paraphrase the data and conclusions of others while avoiding plagiarism.

ALGEBRA- Mrs. Coe

After Exponential Functions and Sequences, we will begin Unit 7 on Polynomial Equations and Factoring. The West Salem Middle School Mathcounts team will be competing at the Regional Competition on February 2nd at the Omni Center in Onalaska. Good luck to our competitors!

The learning targets for Unit 7:

- 7.1: Add and subtract polynomials.
- 7.2: Multiply and divide polynomials.
- 7.3: Use patterns to find products of polynomials.
- 7.4: Solve polynomial equations in factored form.
- 7.5: Factor polynomials of the form x^2+bx+c .
- 7.6: Factor polynomials of the form ax^2+bx+c .
- 7.7: Recognize and factor special products.
- 7.8: Factor a polynomial by grouping and recognize when a polynomial is factored completely.

MATH 8- Mrs. Coe & Mrs. Snook

In February we will be working on Unit 6 Data Analysis and Displays. We will also be meeting with the high school counselors to talk about their freshman class schedules. More information to come!

The learning targets for Unit 6:

- 6.1: Use scatter plots to describe patterns and relationships between two quantities.
- 6.2: Use lines of fit to model data.
- 6.3: Use two-way tables to represent data.
- 6.4: Use appropriate data displays to represent situations.



SCIENCE- Ms. Smith- Waller

We finished up our unit on Astronomy with a Choice Board project. Since then, we have been looking at the processes of weathering, erosion, and deposition. In this unit we are making observations of how things like wind, water, ice, and gravity wear down Earth's surface, move sediments, and then deposit them to build Earth's surface back up again. We will create a model of moving water to show understanding of the landforms that are created when streams wear down, move sediments, and deposit them.

Essential Learning Outcomes:

- ES2-2: Show understanding that water movement causes weathering and erosion changing landscape features
- ES2-3: Show understanding that human activities have altered the hydrosphere, atmosphere, and lithosphere, which in turn has layered the biosphere. Changes to the biosphere can have different impacts for different living things. Activities and technologies can be engineered to reduce people's impacts on Earth

SOCIAL STUDIES- Ms. Morgan

In February, eighth-grade social studies students will focus on the early presidencies of George Washington, John Adams, and Thomas Jefferson. We will explore how these founding fathers shaped not only the events of their time but also the modern presidency.

Our learning objectives for the month include:

- 8.FE.4: Assess Washington's and Adams' contributions to the creation of the presidency.
- 8.JE.1: Analyze the changes in Jefferson's political ideology.
- 8.JE.2: Evaluate the Louisiana Purchase and the exploration of the region.
- 8.JE.3: Summarize the causes and impacts of the War of 1812.

In addition to our social studies lessons, students have been working diligently on their Unheard Voices podcast project. The writing phase will begin in late February, followed by the recording process in March.

Finally, students participating in the end-of-year trips will have one last fundraising opportunity this month through Puffin Pastries. Fundraising materials will be distributed on February 5th, and the sale will run through February 19th. Products will be delivered on March 10th, with the final payment for the DC trip due shortly afterward.



ART ~ FEBRUARY

Mrs. Hemker ~ Room 243



ART AT THE LIBRARY

Stop by the Hazel Brown Memorial Library to view art from many of our 5th grade students! Each student chose their favorite piece of art, top mounted and labeled their work for presentation.

“Name Square” by Lily C.

GRADE 5&6

5th and 6th graders will be starting their CLAY unit in February. Both groups will review techniques they already know and learn some new ones in this very popular unit. 6th Grade Panther Time students have started putting their Trashion Fashion Pieces together



“One Point Gallery” by Jeremiah K.

“Portrait Sampler” by Addison W.



GRADE 7&8

7th graders will also be starting to make clay bowls that will be fully functional when complete 8th graders are starting to paint their Wall Blocks and working on Digital Drawings in February

Art Elective will be completing their Acrylic work by designing a stool top for the STEM classroom and then we will move on to Shadow Box Sculptures.

STEM AND ROBOTICS

FEBRUARY 2025
MR. JONES

STEM AND ROBOTICS CLASSES

6th Grade STEM: Designing Toothpick Bridges

7th Grade STEM: Using CAD to Design 3D Puzzle Cubes

8th Grade STEM: Making Cardboard Pinball Machines

Robotics: Designing, Building, and Coding Dragsters


























Summer Backpacking Trip
7th and 8th Graders
June 30th - 3rd and July 11th
Class
July 7th - 10th Trip



See Mr. Jones For an Application and Details!





pageborders.org

MR. JONES' PANTHER TIMES

6th Grade: Architecture Research

7th Grade: Career Research

8th Grade: Building Paper RollerCoasters

See Mr. Jones for Details!
Must be able to hike 13 miles a day carrying a 25 lb backpack.



CREATIVE COMPUTING 7TH GRADE



JANUARY

SCRATCH MAZE GAMES:

Students have been working hard creating their maze games in Scratch. Scan the QR code below to check out their work!

We are finishing these up right now so we can move on to coding with our Raspberry Pis!

SCAN ME TO
SEE MAZE
GAMES!



COMING UP NEXT MONTH!

In February, students will begin learning to write code using Python! We will review many concepts that we learned in Scratch, but will learn how to use those concepts in a text-based coding language.



LMC & TECHNOLOGY 5TH GRADE



JANUARY

NAVIGATING THE LMC

Students in Mr. Ringlien & Ms. Fink's classes have been learning how to use Destiny Discover to be efficient, independent library users!

HOPSCOTCH

We are learning some basic coding concepts in an app called Hopscotch! Ask your child to show you what they've been making!



COMING UP IN FEBRUARY!

In February, we will continue working on finding fiction and non-fiction books in the LMC. We will also start research on national parks to create a scrapbook page about one park.

ETC

UPDATE

JANUARY 2025

WSMS NEWSLETTER

6TH GRADE

- Finishing Website
- CorelDraw Intro

7TH GRADE

- Nightstand Valet
 - Cutting
 - Sanding
 - Staining
 - Lasering

8TH GRADE

- Working on LED signs
- Should start building the wood base



PANTHER CREATIONS & RETAIL

This month our PCR class got the awesome opportunity to travel to Walzcraft and take a production tour of the building. They got to see how the skills they are beginning to learn in our class can grow through high school and later become career opportunities in the future.

They are finishing up their Winter projects and will soon be launching a Build a Business Project where they will design everything about a business somewhere in the United States



6th Grade Panther time is finishing up their finger puppet projects and now learning how to use sewing machines which is a new experience for many of our students. They will then choose a choice sewing project to complete the rest of the trimester.

7th Grade Panther Time has completed rigorous testing of the pinewood derby cars and have now started designing and building their first batch of cars. Students can design up to 3 cars for the race.

Our 8th Grade Panther Time has been running the news the last couple of weeks and have been doing a great job on the morning announcements.

shrake.tyler@wsalem.k12.wi.us



Panther Time & Spanish with Señor Hinman

5th & 6th Grade Panther Time

In 5th grade PT, we will be starting off our rotation with greetings and farewells and will be continuing to learn the Spanish alphabet and numbers 0-100. For 6th grade PT, we will be learning about time-telling along with weather, seasons and colors. We will also be going over how other countries in the Spanish-speaking world celebrate Valentine's Day.

7th & 8th Grade Panther Time

In 7th and 8th grade PT, we will be finishing up our unit on Europe and move into Asia, the Middle East and Africa. Of these areas of the world, informational insight into characterizations of people, select countries and cities will be reviewed, some traditions & beliefs, along with their cuisine. Other cultural aspects of these countries we may be covering may include history, travel tips, clothing, holidays, retirement, music, art, and current events.

7th Grade Spanish

In January, students were exposed to some basic Spanish grammar and were also introduced to a short novel about a girl named Ana which uses the vocabulary we've been learning from our stories. We also got back into the swing of things with some more story-telling. We will be doing these two things throughout February along with lots of learning games. We will also be having a fiesta for Valentines Day on Feb. 13th (A-Day students), and on Feb. 14th (B-Day students) so please make sure everyone brings in something to eat or drink for the party!

8th Grade Spanish

In 8th grade Spanish, we are still working on our stories to help prep students for high school Spanish classes. We will also be having a fiesta for Valentines Day on Feb. 13th (A-Day students), and on Feb. 14th (B-Day students) so please make sure everyone brings in something to eat or drink for the party!



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

We cannot believe that it is February already! This year is flying by! This month, we will be going over the Human Growth and Development curriculum. Please be on the lookout for the introduction letter as it will be emailed out towards the beginning of the month. We will be teaching HGD until the week of February 10th. Our students will also be learning more Invasion Games as we introduce Quidditch. Please remember to encourage your children to be active outside of the school day!

ASL FLOOR HOCKEY GAME SCHEDULE

1/14	4:15	VS LOGAN
1/21	4:15	AT CENTRAL
1/23	4:15	AT ONALASKA
1/30	4:15	VS HOLMEN
2/4	4:00	AT LOGAN
2/6	4:15	VS CENTRAL *FAMILY NIGHT*
2/11	4:15	VS BRF *NON CONFERENCE GAME*
2/13	4:15	VS ONALASKA
2/20	4:15	AT HOLMEN



MUSIC “NOTES”



February



5th Grade General Music

After Thanksgiving the 5th grade classes rotated allied classes and we have welcomed in new 5th grade students into the general music classroom! We have spent our time working through rhythms using rhythm sticks, rhythm cups, and are now bucket drumming! We have started exploring the different families of instruments to prepare students for the beginning band instrument testing day at the end of March! We are continuing to learn folk songs from across the world and from the high seas.

6th Grade Keyboards & More

Students spent the majority of January exploring new hand positions on the piano keyboard. They have expanded their rhythm knowledge to include eighth notes so that they can now play “Happy Birthday” and “Big Rock Candy Mountain.” Up next, students are going to explore the history of rock n roll!



Playing music develops a stronger connection between brain hemispheres and enhances communication between both parts of the brain – and that results with improved reasoning skills.



7th Grade Guitars & Musicals

Students did a unit on celebrating human diversity by watching the musical “The Greatest Showman” and discussin the lives of the real PT Barnum and Charity Barnum. Students were given the chance to reflect up on their “Million Dreams” and how the lyrics to “This is Me” pertains to their own life. Now we are spending some time review what we previously learned on the guitar and will be exploring more notes and chords on the guitar.



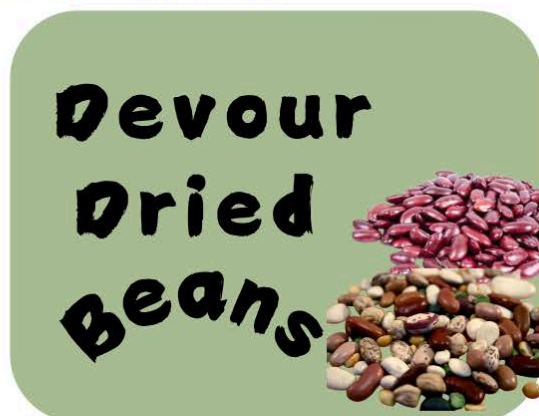
8th Grade Almost Daily Ukulele & More

We just finished up a short unit on the history of Country Music in the US and will now be shifting to musical parodies. Students will be asked to write an educational parody about a historical event or lesser known historical figure to the tune of “I Walk the Line” by Johnny Cash. Students are also continuing to perfect and learn new chords on their ukuleles.

**KNOCK KNOCK!
WHO'S THERE?
LITTLE OLD LADY.
LITTLE OLD LADY WHO?
WOW! I DIDN'T KNOW YOU
COULD YODEL!**



HARVEST OF THE MONTH NEWSLETTER FEBRUARY 2025



Recipe of the month

Farm2School Chili

Serves 11

Ingredients:

- 1 Tbsp. extra virgin olive oil
- 1 cup diced onions
- 3/4 cup diced carrots
- 3/4 cup diced celery
- 1 tsp. granulated garlic (or garlic powder)
- 1 Tbsp. chili powder
- 1 cup diced green bell pepper
- 1 cup diced red bell peppers
- 1 1/2 cups diced mushrooms
- 1 3/4 cups frozen corn
- 2 (14.5 ounce) cans diced tomatoes, undrained
- 1 (15 ounce) can black beans, undrained
- 1 (15 ounce) can kidney beans, undrained
- 1 Tbsp. ground cumin
- 1/2 Tbsp. dried oregano
- 1/2 Tbsp. dried basil
- 1/2 tsp. salt
- shredded cheddar cheese and ground beef (optional)

Directions:

Heat olive oil in a large pot over medium heat. Add onions, celery and carrots and sauté until tender. Stir in the bell peppers, garlic powder and chili powder. Cook about 6 minutes.

Stir in the mushrooms and frozen corn. Cook about 5 minutes and test to make sure all vegetables are tender. Add cooking time if needed.

Stir in tomatoes, kidney and black beans. Season with oregano, cumin, basil and salt. Bring to a boil and reduce heat to medium.

Cover and simmer for 20 minutes, stirring occasionally. Serve warm, topped with shredded cheddar cheese!

Per serving: 145 calories, 2g fat, 2g protein, 25g carbohydrate, 4g fiber, 480mg sodium

Source: laxf2s.org



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EE/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act. 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.



February

Middle School Middle Breakfast 2024-25

<p>3</p> <p>Breakfast Entree Sausage, Egg, & Cheese Combo Bars (2) <i>Or</i> Ham, Egg and Cheese Combo Bars (2) <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>	<p>4</p> <p>Breakfast Entree Mini Maple Waffles <i>With</i> Sausage Links <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>	<p>5</p> <p>Breakfast Entree Chocolate & Choc Chip Muffin <i>Or</i> Blueberry Muffin <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>	<p>6</p> <p>Breakfast Entree Strawberry Yogurt Parfait <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>	<p>7</p> <p>Breakfast Entree Cinnamon Roll <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>
<p>10</p> <p>Breakfast Entree Bacon Scramble Breakfast Pizza <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>	<p>11</p> <p>Breakfast Entree Colby Cheese Omelet <i>With</i> <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>	<p>12</p> <p>Breakfast Entree Apple Frudel <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>	<p>13</p> <p>Breakfast Entree Sausage Breakfast Sandwich <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>	<p>14</p> <p>Breakfast Entree Cinnamon Toast Crunch Soft Filled Bar <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>
<p>17</p> <p>Breakfast Entree Breakfast Sausage Pizza Bagel <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>	<p>18</p> <p>Breakfast Entree Scrambled Eggs <i>With</i> Bacon (2 sl) <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>	<p>19</p> <p>Breakfast Entree Oatmeal Raisin Breakfast Cookie <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>	<p>20</p> <p>Breakfast Entree Bacon Breakfast Sandwich <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>	<p>21</p> <p><i>No School</i></p>
<p>24</p> <p>Breakfast Entree Sausage, Egg, & Cheese Combo Bars (2) <i>Or</i> Ham, Egg and Cheese Combo Bars (2) <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>	<p>25</p> <p>Breakfast Entree Mini Maple Waffles <i>With</i> Sausage Links <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>	<p>26</p> <p>Breakfast Entree Chocolate & Choc Chip Muffin <i>Or</i> Blueberry Muffin <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>	<p>27</p> <p>Breakfast Entree Strawberry Yogurt Parfait <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>	<p>28</p> <p>Breakfast Entree Cinnamon Roll <i>Or</i> Reduced Sugar WG Cereal Variety Juice</p>

Menu likely to change based on product availability.



February

Middle School Middle Lunch 2024-25

<p>Lunch Entree Pizza Crunchers with Marinara Dipping Cup Grilled Chicken Breast Fillet Sandwich on WG Bun Ham, Salami, & Provolone Cheese Sub <i>With</i> Panther PBJ Pack Panther YOGURT Pack</p>	<p>Lunch Entree Cheese Quesadilla White Chicken Nachos with Corn Chips Pulled Chicken and Provolone Sandwich on WG Bun <i>With</i> Panther PBJ Pack Panther YOGURT Pack</p>	<p>Lunch Entree Pasta with Chicken Alfredo Pepperoni Calzone Turkey & Swiss on WG Sandwich Bread <i>With</i> Panther PBJ Pack Panther YOGURT Pack</p>	<p>Sweet Treat Thursday! Lunch Entree Mandarin Orange Chicken <i>With</i> Homemade Sloppy Joe on WG Bun <i>With</i> Panther PBJ Pack Panther YOGURT Pack</p>	<p>Lunch Entree Stuffed Crust Cheese Pizza Chicken Nuggets <i>With</i> Turkey Club Wrap <i>With</i> Panther PBJ Pack Panther YOGURT Pack</p>
<p>Lunch Entree Cheeseburger Hamburger Crispy Chicken Tender Wrap <i>With</i> Panther PBJ Pack Panther YOGURT Pack</p>	<p>Lunch Entree Meatball Marinara Sub with Mozzarella Cheese Chicken and Waffles <i>With</i> Turkey & Swiss on WG Sandwich Bread <i>With</i> Panther PBJ Pack Panther YOGURT Pack</p>	<p>Lunch Entree Popcorn Chicken Mashed Potato Bowl (like KFC) Popcorn Chicken with Goldfish Crackers Garden Salad w/ Choice of Meat, Yogurt, Cottage Cheese <i>With</i> Panther PBJ Pack Panther YOGURT Pack</p>	<p>Lunch Entree Tater Tot Hotdish <i>With</i> Chicken Potstickers <i>With</i> Hot Italian Sub <i>With</i> Panther PBJ Pack Panther YOGURT Pack</p>	<p>Happy Valentine's Day! Lunch Entree Homemade Lasagna <i>With</i> Breaded French Bread Pizza with Marinara Dipping Cup Chicken Salad Pita Pocket <i>With</i> Panther PBJ Pack Panther YOGURT Pack</p>
<p>Lunch Entree Breaded Ravoli and Marinara Sauce Chicken Tenders <i>With</i> Turkey and Cheddar on a WG Bun <i>With</i> Panther PBJ Pack Panther YOGURT Pack</p>	<p>Lunch Entree Pork Taco on Soft Shell Chicken Fajita Taco on Soft Shell Crunchy Hawaiian Turkey Wrap <i>With</i> Panther PBJ Pack Panther YOGURT Pack</p>	<p>Lunch Entree Pasta and Beef Meatball Marinara Pasta with Marinara (Vegetarian) <i>Both With</i> Ham & Cheese Chef Salad with Goldfish Crackers <i>With</i> Panther PBJ Pack Panther YOGURT Pack</p>	<p>Lunch Entree 6" Round Cheese Pizza 6" Round Hawaiian Pizza Grilled Cheese Sandwich <i>With</i> Panther PBJ Pack Panther YOGURT Pack</p>	<p style="text-align: center;"><i>No School</i></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> Panther PBJ Pack Panther YOGURT Pack</p>	<p>Lunch Entree Walking Taco on Fritos Bean and Cheese Burrito Ham & Swiss on WG Croissant <i>With</i> Panther PBJ Pack Panther YOGURT Pack</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</p>	<p>Lunch Entree <i>Farm to School - Harvest of the Month</i> Wisconsin Chili <i>With</i> Cinnamon Roll 6" Round Pepperoni Pizza Ham & Cheese Wrap <i>With</i> Panther PBJ Pack Panther YOGURT Pack</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> Panther PBJ Pack Panther YOGURT Pack</p>

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This institution is an equal opportunity provider.