

WEST SALEM MIDDLE SCHOOL

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Inside this Issue

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 Baskets 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 “Counselor Comments” section.

We will have no school on December 24 - January 2. School resumes on January 3. Our 1st trimester ended on November 22 and we will be mailing home your child’s report card shortly. If you do not receive your child’s report card by December 16th, please contact our office. Speaking of report cards.... recently, School Report Cards were released throughout the state. We are proud to report that WSMS ranked #1 within our local cohort with 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

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Absences, Appointments and Messages

If your child will be absent from school for any reason, please call the office by 7:50 a.m. at 608-786-2090. If you receive our voice mailbox, please leave a message with your child's name, grade and the reason for the absence. If your child is ill, please be specific with his/her symptoms. We are required by state law to report the number of students that are ill with strep throat, stomach flu, colds and chicken pox. It is very important that we have an accurate count. We do not report student names, just numbers. If your child's absence is not called in to the school in a timely manner, it is considered unexcused and consequences may be assigned to the student.

You may also call ahead or send a note to the office with any pre-planned absences. We will document it and you will not have to call again on the day of the absence.

If you notify your child's teachers, PLEASE notify the office as well, as sometimes the information doesn't make it to the office.

If your child needs to be picked up for an appointment, please send a note or call the office ahead of time whenever possible. We will give your child an out-pass in advance. We appreciate advanced notification, as it eliminates the need for us to find your child at the last minute. If possible, please have your child bring a note from their medical/dental appointments. It is not counted toward the 10 days allowed for your child to be absent from school.

We receive many calls daily from parents asking us to relay messages to their children. Please make every attempt to relay these messages to your child before they leave home for the day.

The Middle School Newsletters can be found on the district website - www.wsaalem.k12.wi.us

An e-mail reminder will be sent each month to let you know when it is available, along with a link to the actual newsletter. If you would like a hard copy of the newsletter, please let the Middle School office know.



Calendar of Events - Athletics

Basketball (7th Grade)

December 6 @WSES (Logan MS) 4:00

December 8 @Onalaska MS 4:00

December 15 @WSES (Winona MS) 4:00

Basketball (8th Grade)

December 6 @WSMS (Logan MS) 4:00

December 8 @Eagle Bluff Elementary (Onalaska MS) 3:45

December 15 @WSMS (Winona MS) 4:00

Wrestling

Boys 6th-8th Conference Tournament @Onalaska MS 4:30
(Onalaska MS, Holmen MS, Logan MS, Sparta MS, Tomah MS,
West Salem MS, Westby MS)

Calendar of Events - School

December 12 - 7/8 Band Concert (see details below)

December 20 - 8th Grade Career Day



WSMS Band & Choir Holiday Concerts

Monday, December 12 - Marie W. Heider Center for the Arts

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

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

7:30 - 8th Grade Band and Choir

(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!



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! We will kick off this event on Monday, December 5 and run it through Wednesday, December 14. Members of our local Lions Club will pick up the baskets on Friday, December 16. They 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. ~Ms. Becker & Mr. Lang

Christmas Baskets

Helping others during the holiday season can bring cheer and warm feelings to those involved. For this reason, the West Salem Middle School students, in conjunction with the West Salem Lions Club, have decided once again to sponsor a project that will provide holiday food baskets to families and senior citizens in the West Salem area. Last year, we put together over 60 boxes! It is our hope that this year will be even more successful. We are asking each homeroom to fill a box (or two!) with nonperishable 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	Baby food	Kleenex/Facial Tissue
Paper towels	Napkins	Toilet paper
Plastic silverware	Dish soap	Other?

We will collect these items in homeroom from December 5 – 14. We hope that all WSMS students will be able to experience the joy of giving at this time of year!

Thank you.

STUDENTS OF THE MONTH

Each month, teachers send nominations for Student of the Month. November's focus was to Work Hard. Below is a list of three students from each grade level that exemplified Working Hard. Mr. Wopat and Ms. Beld notified parents of this accomplishment, met with the students and took individual photos. Congratulations!

Grade 5

*Beau Baganz
Evie Millner
Kenzie Weeks*

Grade 6

*Jake Bahl
Nora Johnson
Carson Kalina*

Grade 7

*Tavaryies Henderson
Ethan Quackenbush
Brylee Vick*

Grade 8

*Grace Johnsrude
Cailyn Skrede
Michael Torrence*



5th Grade December Update



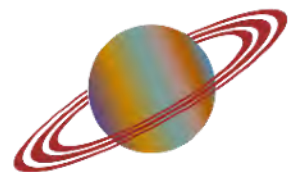
Math: After finishing our 2nd unit, we will be doing an ugly sweater project. This project will apply what the students learned in the first trimester. Then, we will be starting our third unit. This unit focuses on multiplying and dividing fractions. As always, knowing your multiplication and division 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



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



D.A.R.E: Students will D.A.R.E. lessons with La Deputy Cody Bernhardt. Kids the skills they need 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 on Thursday, March 9th.



begin weekly Crosse County This program gives to handle the



6th Grade Science- Mrs. Jarosh

Atoms, Elements, Molecules and more! 6th graders have been busy singing the Periodic Table Song. Students are working hard to learn the first 20 elements of the periodic table. They will soon be choosing their own element to research. We will then move on to chemical reactions!

Reading and English – Mrs. Schultz and Mrs. Buisman

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 combining!! 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

Regular Math with Mrs. Alo and Mrs. Jehn

In December students will be working in Chapter 4 which includes percentages and real-life percent problems. This is another one of our favorite chapters because it focuses on skills they will use the rest of their lives. Who doesn't want to find the best deal to save the most money? Ask them 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 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!

Advanced Math with Mrs. Jehn

During the month of December students will work through 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.

6th Grade Social Studies - Jeranek

Ancient Egypt was our focus the last few weeks of November. We continue to explore the location and geography of Egypt, researched 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!

Throughout December, we continue our studies of 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 movements Israelites took 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. As this develops, more details will be provided! Have a wonderful winter season!





Mr. Baker - Science

Throughout November, we have been learning all about how cells get their energy. This involved photosynthesis, respiration, and fermentation! Students got their heart rates up to an 80's workout or Just Dance videos for our respiration lab, measured the amount of oxygen produced in plants, and inflated gloves for our fermentation lab! Some students may have even made bread at home as part of a bonus activity! December is all about body systems, so ask them what body system they are working with and have them explain what experiment they are doing!

7th Grade ELA for Friell

Classroom Supplies: All students are required to have a binder and a three subject notebook (provided by the school). The binder and notebook are left in the classroom so they are never lost and remain easily accessible.

Agendas/Lessons: Work to be turned in for grade is posted on the Homework Hotline. The specific daily plan is posted in Google Classroom. 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. In December we will continue to work on compound sentences and add in complex sentences. We will also continue to review nouns and verbs and begin adjectives. Word work will continue to include learning roots and spelling words.

We have been working on paragraph structure and this month will focus on citing text evidence to support arguments.

Reading: Students have been reading self-selected books, and during the month of December, students will be required to complete various activities with their books to demonstrate knowledge of skills we have been working on, like characterization and theme. Please encourage your student to read regularly at home. In addition to reading their books, we will read short argument articles. These will be posted in GC.

For 7th Grade Social Studies, the students will start to look at the different Amendments to the Constitution. We will first look at the Bill of Rights. Then, we will turn our attention to some of the other Amendments. Students will see the importance of all of these rights and how they have shaped our country.

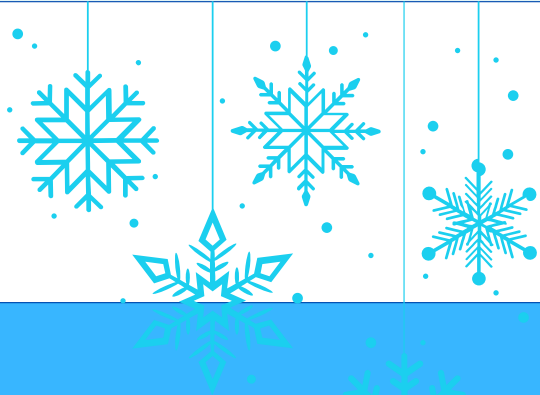
Math 7- Mrs. Weber and Mrs. Piersma - Wow! The first trimester sure flew by. We hope you all enjoyed the Thanksgiving break. We have been working on solving one step equations. This has been a little challenging for some but we have put in lots of extra practice to help. We will move on to 2 step equations and then follow with inequalities.

7th Grade ELA Rochester - During the month of December, students will be focusing on reading books of their choice to enjoy and develop their own reader identity. Students were able to choose their own fiction book, either from the library or from home. They will have time to read in class everyday. They will also be analyzing different elements of their book throughout the month. Students will also continue to study greek and latin root vocabulary words. This month the roots will be sect and ject. For the weeks that they are not studying greek and latin roots, students will be reviewing commonly confused words. Our next writing unit will be an argument piece. 7th graders will be reading non fiction articles and practicing how to locate information that supports one side or the other. Finally, they will be working on reviewing simple and compound sentences, adjectives and prepositions.

Pre-Algebra- Mrs. Weber - What a busy first trimester we had! I am amazed at how fast it went by. We just finished up our unit on Surface area and volume. We will be starting to dive into the 8th grade book now. The goal is to finish the whole book by May. We will be working very hard to do that! We completed our 2nd in-school math counts competition. I am so proud of how hard all the kids have worked on these. I know they are challenging. We will complete one more before Christmas break and the top 12 overall (including the 8th graders) will be placed on the school mathcounts team. Good Luck!!

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 identity to diversity where students will choose a book to read with a character representing a diverse group. We will use the topics from their selected books to generate ideas for their research pieces. Students 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 will be starting our next read aloud when we get back from Thanksgiving break *Marcus Vega doesn't Speak Spanish* by Pablo Cartaya.

SOCIAL STUDIES- Ms. Morgan

December brings our exploration of the American Revolution to a close and we transition to the challenging years of establishing a government. Our study will include a brief review of the basics of both the Articles of Confederation and the Constitution as well as dig into the roles George Washington, John Adams and other founding fathers played in the success of our fledgling country.

Learning Targets include:

- 8.PS.1: Evaluate primary and secondary sources to understand different viewpoints of an event
- 8.FE.1: Critique the effectiveness of the Articles of Confederation
- 8.FE.2: Explain the challenges that the new nation faced following the American Revolution
- 8.FE.3: Assess Washington's and Adams' contributions to the creation of the presidency

Wonder how you'd do on the Civics/Citizenship test that all Wisconsin students must take to graduate from a Wisconsin high school? Check out the U.S. Citizenship and Immigration Services' Citizenship Test at <https://www.uscis.gov/sites/default/files/document/questions-and-answers/100q.pdf>.

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 in standard form.
- 4.6: Write equations of lines in slope intercept form.
- 4.7: Write equations of lines in point-slope form.

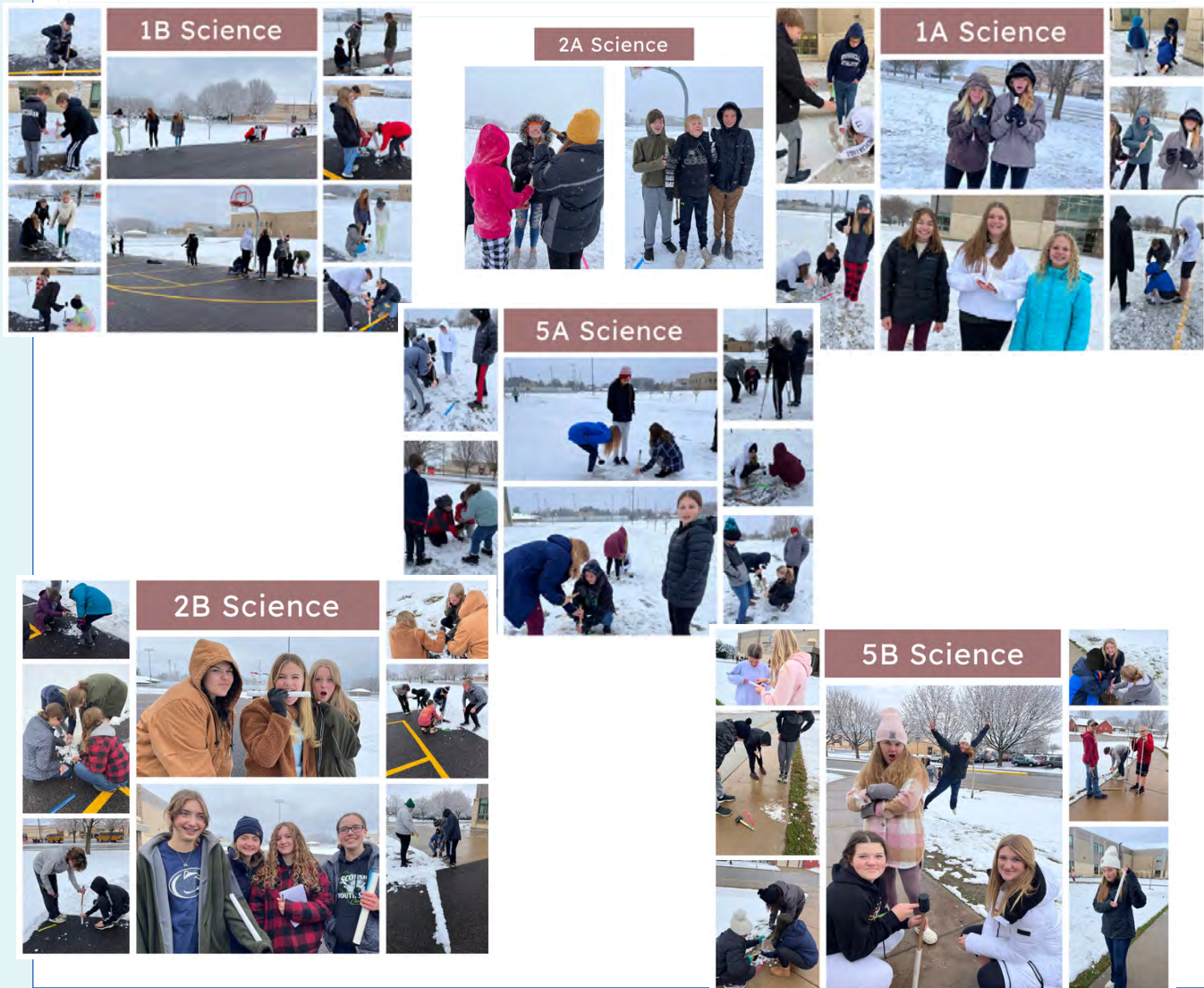


SCIENCE- Ms. Smith- Waller

The first trimester of school is over and we are moving our focus to plate tectonics, volcanos, earthquakes, and locations of fossils around the world. One thing we will be working on is a group project where students will research a topic supporting Plate Tectonic Theory, then present the findings to the class. That information will then be used to write an essay on how the distribution of fossils and rocks, continental shapes, and seafloor structures provide evidence of the past plate motions. After we finish up this unit on plate tectonics, we will move on to learn more about Earth's history and Geologic Time. Here's to another great trimester!

Essential Learning Outcomes:

- Analyze and interpret data to provide evidence for phenomena.
 - MS-ESS2-3: Analyze and interpret data on the distribution of fossils and rocks, continental shapes, and seafloor structures to provide evidence of the past plate motions.





Grade 5

Welcome to MS Art grade 5 families! We begin the trimester working on an abstract painting of our names. After that will be working on a variety of portraits. A painting of an animal that represents them is the first focus. Later this month, portraits will turn to a more realistic style where we will look at facial features and proportions.

Grade 6

As we begin the Trimester, 6th grade will be working on some mini-works in various styles. Our first project will include creating a portfolio for storage. Students will fill this portfolio with completed works by the end of the trimester. Our first large scale project will guide a review of material use by creating a portrait sampler. Students will then move on to some artist research and will create an informational poster as well as a parody.

Grade 7

7th graders will spend the month of December experimenting with drawing from different points of view. One of the projects will require students to create the entire drawing from start to finish by observing an inanimate object of their choice. We will also be working on a unit focusing on one point perspective.

Grade 8

Students in 8th grade will be working on projects that represent themselves this trimester. Our first project will be a design that will be considered for this year's class t-shirt. We will then move on to practicing Acrylic Paint techniques. 8th graders will also begin to design their wall block as a lasting way to represent their 8th grade self.

8th Grade Elective

As we begin December, students are working on a self portrait created in a neurographic style. We will then move on to using the clay palette that we created during the first trimester for our liquid watercolor unit. If time allows we will begin a multi media painting that we will finish with acrylic paint. We are also hoping to squeeze in a second clay project.

The Art Room us currently looking for:

Second hand nail polish

A hair dryer

Plastic container lids (lids only) such as kool whip

Student Teacher in the Art Room!

Hello! My name is Chloe Pilsner, and I'll be a student teacher in the art room here at West Salem Middle School until the end of January! I'm from Wausau, Wisconsin, and transferred to the University of Wisconsin-La Crosse in 2019. I am currently a 5th year student at UWL, where I will graduate this December with an Art Education degree. Following graduation, I hope to stay in the La Crosse area and pursue my career here. For now, I am super excited to be working with your kids in the middle school and I can't wait to see what their creativity brings!

LMC UPDATE



7th Grade Creative Computing

Students in Creative Computing have been reading about and discussing how algorithms affect our lives. During the month of December, each student will create a maze game using Scratch and a poster to go along with it. When finished, students will link their finished game to a QR code on their poster so others can play it.

5th Grade LMC & Technology

We are very excited to have two new groups of 5th graders starting LMC & Technology this trimester. During the month of December, they will have the opportunity to explore coding using the Hopscotch app, learn how to find fiction and nonfiction books in the LMC and be exposed to new books each Friday for our First Chapter Friday read aloud. Looking forward to a great trimester 2!

MUSIC UPDATE - Nimm

Small Choir 6 - Students finished up their Pizza Rhythms Performances in mid-November. From there, they completed a short GarageBand project that added music and sound effects to a 21 second movie clip. Finally, they have begun a review of notes on the staff and are playing the recorder to help with their note reading abilities. Both the Pizza Rhythms and GarageBand projects can be found in the students' digital portfolios - be sure to ask about them!

Choir 6 - We took a short break from singing and watched a musical called, "The Music Man." They returned to rehearsing music for their January concert and practicing their sight-singing. They will be singing some winter and holiday songs throughout the month of December as warm-ups.

Soundscapes 7 - During November, students took a short break from their American Idol watching to complete a GarageBand project that added music and sound effects to a 21 second movie clip. After completing the project, the class returned to creating a short Google Slides presentation on good, okay, and bad singers.

Choir 7 - Students have been busy preparing for their concert on Monday, December 12. They will be performing a number of songs that come from countries in Africa. We will be adding percussion instruments and piano accompaniment in our final performance! A reminder that students should wear their black music polo shirt, black pants, and black shoes for the concert. They should arrive at the Heider Center at 5:30pm for the performance at 6pm. Following the 7th grade concert will be the 8th grade concert, so please be patient and safe when leaving the parking lot.

Choir 8 - Students have been busy preparing for their concert on Monday, December 12. They will be performing a number of songs that come from countries in Africa. We will be adding percussion instruments played by students in the African Drumming class to our final performance! A reminder that students should wear their black music polo shirt, black pants and black shoes for the concert. FYI: The 7th graders have their concert at 6pm and the Heider Center parking lot will be busy! Please be patient and safe when entering the lot.

African Drumming - Students continue to work on their cup rhythms. They also have been working on percussion ensemble patterns that will be added to the 8th grade Choir performance. (Students who are in both choir and African Drumming will be performing, anyone not in choir does not need to attend.)

6th Grade Keyboards & More- During the month of November, students continued learning how to read music in both the treble and bass clefs and how to recognize intervals of 2nds, 3rds, 4ths & 5ths. They started performing music that required them to play with both the right and left hand at the same time! That is a huge accomplishment!

7th Grade Guitars and Musicals- We recently finished up comparing the music and storyline of The Wizard of Oz and The Wiz and took an in depth look at film music in the month of November. We will be going back to learning how to play melodies on the guitar for the month of December.

STEM - Jones

6th Grade STEM - A new trimester means new students for STEM class. My new students will spend the month of December designing and creating a foot orthosis for a child in need. Throughout this process, the students will learn about the design process in engineering.

7th Grade STEM - We will be learning about multi-view sketches and technical drawings in 7th grade STEM. We will use what we've learned with those sketches to design and create a puzzle cube to bring home.

8th Grade STEM - Students coming in will spend the month of December starting their paper roller coaster designs. Students are given a budget to create a roller coaster that lasts the longest when sending a marble down the track.

Robotics - My robotics students have been working hard creating a pull toy out of vex parts. These pull toys took a little longer than I planned for, mostly because of the intricate designs that the students came up with! We are almost finished and will soon begin our learning of programming. It won't be long until we will be seeing robot dragsters zooming the middle school hallway.

Tech Ed - Shrake

With the start of the second trimester upon us, we are wrapping up our housing projects. Students have learned a lot about architectural design, wiring, and power conservation. Moving into the next project, 8th graders will be using this new knowledge of electrical wiring to create a custom LED edge lit acrylic sign, while the 7th graders will be learning how to use the machines in the shop to create personal gumball/candy dispensers.

Healthy Living

The Healthy Living team has been busy working on a variety of targets. As we get to the colder months, we will begin focusing more on health targets. Please make sure that your child has athletic shoes for the days that they wear boots to school. Happy Holidays!

Food Service - Update



DID YOU KNOW?

You can set limits on your child's food service account through

Skyward Family Access.

- Select the "Food Service" tab.
- Click on "Set Ala Carte Limit."
- Enter the dollar amount you would like to limit under "Daily Ala Carte Limit" or you can stop all ala carte purchases by selecting "Do Not Allow Purchase."
 - Please note that second entrees do count as an ala carte purchase, and limiting ala carte purchases will prevent your child from purchasing a second entree.
 - An extra breakfast entree costs \$1.55 and an extra lunch entree costs \$2.55.
 - Ala Carte prices can be found on the [School Nutrition Services webpage](#) by clicking on "2022-2023 Ala Carte Prices."
 - This is an all inclusive list, and all items aren't available at the middle school.

Middle School Lunch Menu:

<https://wsalem.nutrislice.com/menu/west-salem-middle-school/lunch/2022-12-06>

HARVEST OF THE MONTH NEWSLETTER DECEMBER 2022



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

Roasted Vegetables

Serves 6

Ingredients:

- 2 white potatoes
- 2 sweet potatoes
- 2 medium beets
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 Tablespoon oil

Directions:

Preheat oven to 400 degrees. Peel potatoes and beets. Chop potatoes and beets into bite size chunks. Place onto a cookie sheet lined with parchment paper or foil and sprinkle with seasonings and oil. Mix together and place into the oven. After 20 minutes of baking in the oven give the potatoes and beets a toss. Bake for another 20-25 minutes or until lightly browned.

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

Source: laxf2s.org

