

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 will 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 50 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 on page 4 of the newsletter.

We will have no school on December 23 - January 1. School resumes on January 2. Our 1st trimester ended on November 21. 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 7
May 8

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

Calendar of Events-School

December 12	6:00 p.m.	7th Grade Choir Concert/7th Grade Band Concert
December 12	7:00 p.m.	8th Grade Band Concert/8th Grade Choir Concert
December 22		LAST DAY OF SCHOOL BEFORE WINTER BREAK
December 23 - January 1		NO SCHOOL - WINTER BREAK
January 2		FIRST DAY BACK FROM WINTER BREAK

Calendar of Events-Athletics

7TH AND 8TH GRADE BOYS BASKETBALL SCHEDULE FOR DECEMBER 2023

December 5	4:15 p.m.	8th Grade @ West Salem MS vs. Westby MS
December 5	4:15 p.m.	7th Grade @ West Salem ES vs. Westby MS
December 8	4:15 p.m.	8th Grade @ Aquinas HS vs. Aquinas
December 8	4:15 p.m.	7th Grade @ Aquinas Boys & Girls Club Mathy Center vs. Aquinas
December 12	4:15 p.m.	8th Grade @ Logan MS vs. Logan MS
December 12	4:15 p.m.	7th Grade @ Logan MS vs. Logan MS
December 14	4:00 p.m.	8th Grade @ West Salem MS vs. Onalaska MS
December 14	3:45 p.m.	7th Grade @ West Salem ES vs. Onalaska MS
December 19	4:30 p.m.	8th Grade @ Winona MS vs. Winona MS
December 19	4:20 p.m.	7th Grade @ Winona MS vs. Winona MS

6TH, 7TH, 8TH GRADE WRESTLING SCHEDULE FOR DECEMBER 2023

December 2	8:00 a.m.	@ Holmen HS Empire Stadium vs. Holmen MS, Fennimore MS, La Crosse Wrestling Team, Lodi MS, Prairie Du Chien MS (this is a Saturday)
December 5	4:30 p.m.	@ Logan MS vs. Logan MS, Sparta MS
December 11	4:30 p.m.	@ West Salem MS vs. Logan MS, Onalaska MS, Westby MS
December 19	4:00 p.m.	@ Sparta Meadowview MS vs. Sparta MS, Holmen MS, Logan MS, Onalaska MS, Tomah MS, Westby MS - CONFERENCE TOURNAMENT





WSMS Band & Choir Holiday Concerts

Tuesday, 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!

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 60 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 Friday, December 1 and run it through Wednesday, December 15. Members of our local Lions Club will pick up the baskets on Friday, December 15. They will add additional items such as fruit and bread and a Hansen's voucher and deliver them before Christmas. Please see the "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 40 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	Kleenex/Facial Tissue	Toilet paper
Paper towels	Napkins	Other?



STUDENT OF THE MONTH

Each month, teachers send nominations for Student of the Month. December's focus is WORKING HARD. Below is a list of three students from each grade level that were chosen because they embody WORKING HARD. Mr. Wopat and Ms. Beld notified parents of this accomplishment, and met with them on December 4 for individual and group photos.

Grade 5

*Lily Burns
Hadley Given
Ella Wachter*

Grade 6

*Mahrley Brown
Bennett Christianson
Alexis Elsen*

Grade 7

*Raylyn Anderson
Parker Jehn
Mia Lehman*

Grade 8

*Brayden Kinstler
Kayla Morrison
Ihlee Schniepp-Duffy*

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



5th Grade December Update



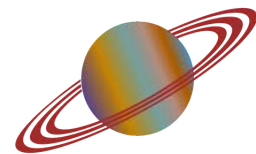
Math: After finishing our 2nd unit, we will be doing an ugly sweater project. This project will apply what the students learned in the first trimester. Then, we will be starting our third unit. This unit focuses on multiplying and dividing fractions. As always, knowing your multiplication and division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



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 on Thursday, March 7th.



**Jeranek - Social Studies**

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 December!

Mrs. Alo/Mrs. Jehn Regular Math

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 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!

Mrs. Jehn - Advanced Math

At the end of November students completed Chapter 6 titled Equations. They learned to write, solve, and graph one-variable equations and inequalities using the four basic operations. They also worked with writing and graphing two-variables equations. Although this chapter is new material and more conceptual than previous chapters, it is typically a favorite chapter for students.

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

Right before the break students will begin Chapter 8 - Integers, Number Lines, and the Coordinate Plane.



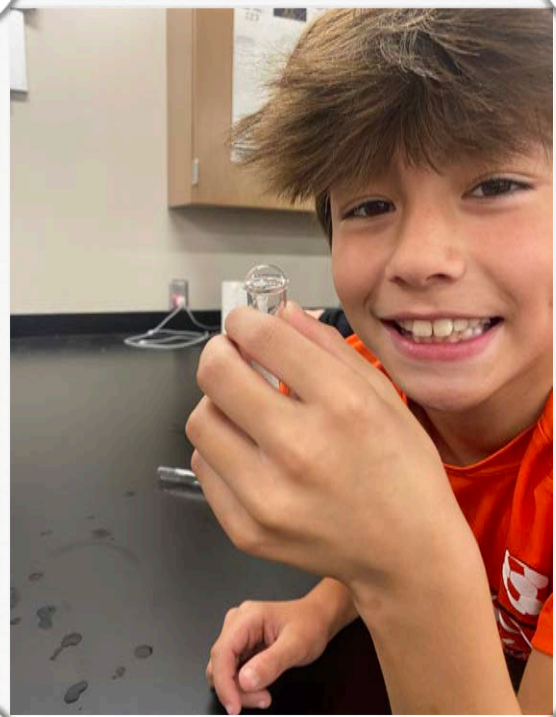
"Meet Us in the Middle"



**Mrs. Jarosh - Science**

Slim the corn snake was found! He took a nice two week vacay and returned the day before Thanksgiving Break! Needless to say, there were MANY thankful kids and adults at WSMS.

Students wrapped up the work with the learning target centered around molecular movement when thermal energy is added and removed. We had a hands on experience heating and cooling the air inside a test tube! As we move forward students are working to learn the first 20 elements of the periodic table. With this knowledge, student will learn to make models of simple molecules.

**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 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!

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

We are looking forward to switching to some net/wall activities in the next few weeks. Some of these activities will include Nitroball, pickleball and badminton. Please remind students to make sure they are coming to Healthy Living prepared with athletic footwear. We are having a lot of students who are borrowing shoes on a regular basis. We are tracking this and will be reaching out when needed.



Planning Ahead for Summer 2024?

Summer school dates will be July 8-26, 2024

More details to come after Winter Break!!



Mrs. Kinstler - General Music

5th Grade General Music: Trimester 1 just finished up! At the end of the trimester, students learned how to read notes in the bass clef and then used this knowledge to perform some simple songs on the piano keyboard. They learned Jingle Bells, Happy Birthday, and Twinkle, Twinkle. This was a new experience for the 5th grade music teachers and the students did a fabulous job!

6th Grade Keyboards and More: Throughout November, students learned about intervals of 2nds and 3rds and began playing the piano keyboard with both hands! They recorded a song of their choice which will be included in a virtual piano recital so be on the lookout for a link to that video soon. Up next, students will learn about the intervals of 4ths and 5ths with the end result of learning to play Jingle Bells with two hands on the keyboard!

7th Grade Guitars and Musicals: We spent the majority of October and November comparing the music and plot of The Wizard of Oz and The Wiz. Students took a final assessment comparing the story of the Wizard of Oz to the Gilded Age in American history and identifying songs from the musicals. Students did an excellent job on their assessments! Now we are back to working on reading guitar music. We are starting to add our left hand and I am challenging them to read both standard notation and Tablature.

8th Grade General Music: Students are currently working on their final project in our hip hop unit. Students are working on rapping a Dr. Seuss book to back beats recorded in GarageBand. Students are then importing their rap into iMovie and adding graffiti words and pictures and/or breakdancing to their videos. I cannot wait to see their final products! Up next: THE BEATLES!



5th Grade General Music



6th and 7th Grade Breakout Box

*6th and 7th Grade Breakout Box
"Meet Us in the Middle"*





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

Choir 6 has been learning to read two part choir music. It can be difficult to follow along, so all students highlight their parts in each piece of music. The choir continues to practice their sight-singing skills using Do, Re, Mi, and Sol in two different key signatures: F and G. Starting in December, we will add some winter and holiday themed sing-alongs to our daily choral routine.

Choir 7 has picked four songs (out of six) to sing at their concert on Tuesday, December 12: "Dream Keeper," "A Million Dreams," "Dream Angus," and "Jingle ALLLL the Ways". They are working on memorization and adding in dynamics during our last rehearsals before the concert. Students should plan to arrive at the Heider Center on 12/12 at 5:30pm wearing their black music polo shirt, black pants, and black shoes. The concert will start at 6pm with the choir, and the 7th grade band will follow. We ask that all choir students stay to support their peers in the band before leaving.

Choir 8 has picked four songs to sing at their concert on Tuesday, December 12: "The Voice," "Fix You," "White Winter Hymnal," and "That's Christmas to Me". They are working on memorization and adding in dynamics during our last rehearsals before the concert. Students should plan to arrive at the Heider Center on 12/12 at 7pm wearing their black music polo shirt, black pants, and black shoes. The concert will start at 7:30pm with the 8th grade band, and the choir will follow.

Small Choir 6 has been focusing on learning the notes of the treble clef staff. They have been working on quick recognition by competing in Blooket challenges. This recognition has helped them to read music on the staff as they play their recorders. They have been reviewing the notes B, A, G, and E.

Soundscapes has been watching clips from and comparing two musicals: The Wizard of Oz, and The Wiz. They are comparing not only the story lines, but the stylistic choices in the music, costumes, and set designs.

African Drumming recently switched gears and has been researching instruments, dances, and musicians from a variety of African countries. Students are creating Google Slide presentations that will be shared in a "musical chairs" style activity. Everyone will have a chance to learn a little bit about the work that their peers did.





Reading/ELA - Mrs. Rochester/Mrs. 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.

Regular Math - Mrs. Weber & Mrs. Piersma

We hope everyone had a wonderful Thanksgiving and break. First trimester is done and grades will be coming home shortly. We are continuing with more Algebra in learning to solve equations. We will test on this before Christmas break and then introduce inequalities and graphing.

Pre-Algebra- Mrs. Weber

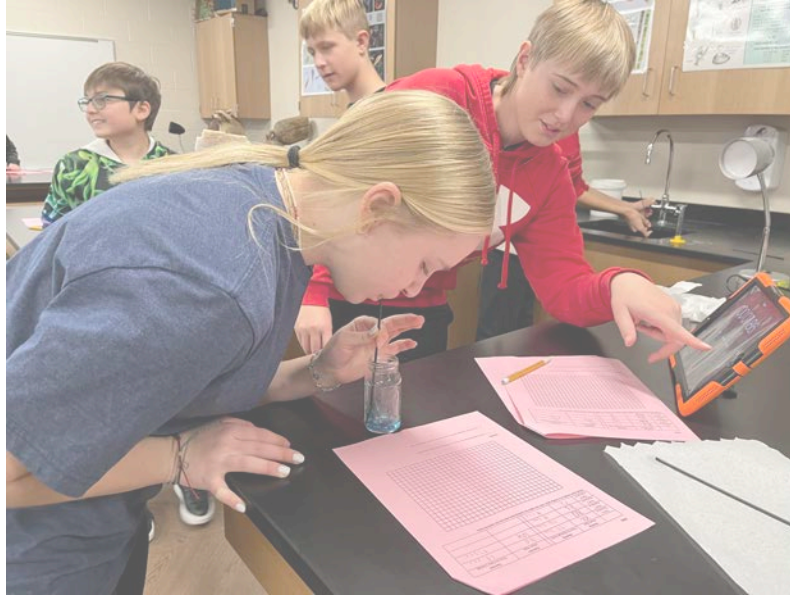
I hope everyone had a wonderful Thanksgiving. First trimester has come to an end. Grades will be coming home soon. I am very proud of their hard work so far this year. We have started our unit on transformations. We have learned 4 different ways to move a shape on a graph. We also finished our last in-school Mathcounts competition. I will let kids know if they were in the top 12 before Christmas break. I am so impressed with how far they have come. Mathcounts is a great challenge and I love watching them work through some of the more difficult problems with more confidence each week.

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.

Science - Mr. Baker

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!

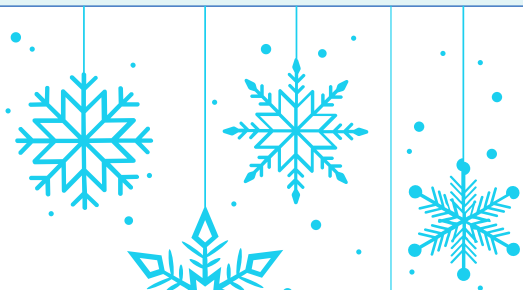


"Meet Us in the Middle"



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 barriers where students will choose a book to read with a character facing some type of barrier. 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.

Targets (will continue working on from 1st Trimester)

- R.1 Make logical inferences from a text
- R.2 Cite textual evidence that strongly supports an analysis 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
- L.1 Correctly write compound 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 claim/thesis statement
- W.4 Develop a topic with relevant facts and details
- W.6 Create writing that utilized effective transitions

NEW Targets

- 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
- S.3 Evaluate the effectiveness of the presentation
- .2 Correctly write complex sentences
- W.1 Write a clear claim/thesis
- W.5 Write a conclusion that provides closure and ties up loose ends
- W.7 Produce clear and coherent writing in which the development, organization, and style are authentic to task, purpose, and audience
- W.8 Gather credible relevant information from multiple sources
- W.9 Quote or paraphrase the data and conclusions of others while avoiding plagiarism.



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.

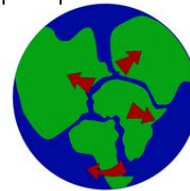


SCIENCE- Ms. Smith- Waller

Now that the first trimester is over, we are moving our focus to plate tectonics, volcanos, earthquakes, and locations of fossils around the world. We will work on a group project where students will research a topic supporting Plate Tectonic Theory, then present their 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.



SOCIAL STUDIES- Ms. Morgan

December brings our exploration of the American Revolution to a close. We have explored both primary and secondary sources from a multitude of perspectives to help us have a better picture of the events that helped create our country. Shortly after the holiday break, we will head into the early years of our country as we struggled to establish an effective government which led to one of the greatest experiments in the political world.

Our standards will include:

- 8.AR.2 Interpret the role of important individuals and events leading to the end result of the American Revolution
- 8.AR.3: Assess the purpose and accomplishments of the First and Second Continental Congress
- 8.AR.4: Explain the role of allies in the American Revolution
- 8.FE.3: Explain the challenges that the new nation faced following the American Revolution
- 8.FE.4 Interpret the role of important individuals and events leading to the end result of the American Revolution
- 8.FE.5: Assess Washington's and Adams' contributions to the creation of the presidency

Looking to explore along with us? Consider exploring [virtual tour of Independence Hall](#) or the [Museum of the American Revolution](#) in Philadelphia.

If your student is participating in the end of the year field trip to Washington DC and has not yet made their deposit of \$340, please take care of this promptly.



"Meet Us in the Middle"



HARVEST OF THE MONTH NEWSLETTER December 2023



Winter Squash is the Harvest of the Month!

Add winter squash to your favorite family meals:

- Dice, microwave or roast and add to salad, tacos, rice, or mac and cheese.
- Halve squash, roast cut side down, then add stuffing
- Puree microwaved or roasted squash for a soup or pie!

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

Select – Choose squash that are heavy, firm, and have a full stem.

Store – Store in a cool, dark place for up to one month.

Prepare – Squash with thinner skin, like delicata and sweet dumpling, can be eaten without being peeled. Other winter squash, like butternut or acorn, have a hard rind that can be peeled with a vegetable peeler or sharp knife. You can peel squash before or after cooking.

Did you know?

In Aztec, Incan, Mayan, and Native American cultures, squash was grown in companionship with corn and beans. Squash, corn, and beans make up the traditional "Three Sisters".



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

Recipe of the month

Roasted Butternut Squash Soup

Serves 4

Ingredients:

- 1 3-4 lb butternut squash
- 1 medium onion
- 1 head garlic
- 2 Tablespoons oil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 3 cups cooking stock or water
- 1/2 cup milk (can sub cashew or coconut milks)

Directions:

Preheat oven to 425° and line baking sheet with parchment paper. Cut butternut squash in half and remove seeds. Remove onion skin and quarter. Cut top off garlic and drizzle all with olive oil and season with salt, pepper, sage, and thyme. Wrap garlic in foil. Arrange veggies and wrapped garlic on baking sheet. Bake for 45 minutes or until you can easily pierce flesh of squash with fork. Peel skin off squash, squeeze garlic cloves from the base. Place in blender along with some of the stock or water and blend until smooth. Pour into stock pot along with the remaining stock or water and cook on low until heated through. Stir in milk and season to taste.

Per serving: 196 calories, 7g fat, 5g protein, 30g carbohydrate, 7g fiber, 575mg sodium

Source: laxf2s.org



LA CROSSE COUNTY
Health Department
Nationally Accredited



GUNDERSEN
HEALTH SYSTEM®



December 2023

West Salem Middle School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 From the Grill • Mini Corn Dogs • Green Beans Home Style • Golden Crunchy Fish Sticks and Goldfish Crackers • Green Beans Deli Line • Ham, Salami & Provolone Cheese Sub • Broccoli Cheese Soup Grab and Go • Panther YOGURT Pack • Panther PBJ Pack
4 From the Grill • (Cheese) Hamburger on WG Bun • Potato Smiles Home Style • Breaded Ravioli Squares with Marinara Sauce Deli Line • Southwest Chicken Salad • Corn Bread Muffin Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	5 Home Style • Saucy Orange Popcorn • Chicken Seasoned Brown Rice • Whole Kernel Sweet Corn From the Grill • Popcorn Chicken Seasoned Brown Rice • Whole Kernel Sweet Corn Deli Line • Chicken Caesar Wrap • Cheez-It Crackers Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	6 From the Grill • Pepperoni Calzone • Garlic Breadstick • Roasted Broccoli Home Style • Pasta with Chicken Alfredo • Garlic Breadstick • Roasted Broccoli Deli Line • Grilled Cheese • Creamy Tomato Soup Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	7 Sweet Treat Thursday!! Ice Cream Sandwich From the Grill • Pepperoni Pizza • Asparagus Home Style • BBQ Pulled Pork Sandwich • Asparagus Deli Line • Turkey Club Wrap Simply Chex - Cheddar Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	8 From the Grill • Polish Kielbasa on a Bun • HomeStyle Baked Beans Home Style • Bakalar's Hot Dog on WG Bun • HomeStyle Baked Beans Deli Line • Ham & Cheese on White Wheat Sandwich bread • Chicken Noodle Soup Grab and Go • Panther YOGURT Pack • Panther PBJ Pack
11 From the Grill • Chicken Patty - Hot and Spicy • Whole Grain Bun • Baked Sweet Potato Crinkle Fries Home Style • Breaded Chicken Patty Sandwich on WG Bun • Baked Sweet Potato Crinkle Fries Deli Line • Chicken Bacon Ranch Wrap • White Chicken Chili Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	12 From the Grill • Cheese Quesadilla • Refried Beans Home Style • Pork Taco on Soft Shell Tortilla • Refried Beans • Taco Topping Bar Deli Line • Ham & Swiss on WG Croissant • Baked Scoop Chips and Salsa Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	13 From the Grill • Chicken and Waffles - Chicken Tenders served with Belgian Waffles • Whole Kernel Sweet Corn Home Style • Chicken and Waffles - Chicken Tenders served with Belgian Waffles • Whole Kernel Sweet Corn Deli Line • Garden Salad with Choice of Meat/Yogurt/Cottage Cheese • Creamy Chicken Pot Pie Soup Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	14 Sweet Treat Thursday!! Pudding From the Grill • Sausage Pizza • Green Beans Home Style • Homemade Sloppy Joe on WG Bun • Green Beans Deli Line • Turkey BLT on White Wheat Sandwich Bread • Sliced Apples with Caramel Cup Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	15 From the Grill • Corn Dog • Mixed Vegetables Home Style • Garlic Mozzarella Cheese Twists with Marinara Dipping Cup • Mixed Vegetables Deli Line • Ham & Cheese Sub • Vegetable Beef Soup Grab and Go • Panther YOGURT Pack • Panther PBJ Pack

18

From the Grill

- Cheesy Garlic French Bread
- Pizza Marinara Dipping Cup
- Harvest Moon Blend Vegetables

Home Style

- Tater Tot Hot Dish
- Harvest Moon Blend Vegetables
- WG Dinner Roll

Deli Line

- Turkey Sub
- Vegetarian Minestrone

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

FARM TO SCHOOL**19**

From the Grill

- Burrito
- Whole Kernel Sweet Corn

Home Style

- **Walking Taco on Corn Chips**
- Taco Topping Bar

Deli Line

- Ham and Swiss on Croissant
- Fresh Fruit Deluxe Salad

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

20

From the Grill

- Chicken Nuggets with Cheez-It Crackers
- Seasoned Brown Rice
- Steamed Broccoli

Home Style

- Chicken Teriyaki with Seasoned Brown Rice
- Steamed Broccoli

Deli Line

- Chef Salad w/Ham & Cheese, Bug Bite Crackers

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

21

From the Grill

- Cheeseburger on WG Bun
- Spiral Fries

Home Style

- Hamburger on WG Bun
- Spiral Fries

Deli Line

- Turkey and Cheddar on WG Bun
- Brown Chicken & Wild Rice Soup

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

22

From the Grill

- **Pepperoni Pizza**
- Honey-Glazed Carrots

Home Style

- Cheese Pizza
- Honey-Glazed Carrots

Deli Line

- Cuban Flatbread Sandwich
- Chicken Dumpling Soup

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

25**26****27****28****29**

Menu likely to change based on product availability.

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