PANTHER POST

West Salem Middle School



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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 Thursday, February 8th and Monday, February 12th, from 3:30 – 7:00 p.m. For grades 6-8, the format will be open, which allows parents to visit their classroom or homeroom teachers. 5th grade parents will meet with their child's homeroom teacher and a specific time slot will be scheduled via Skyward. If parents are interested in Zoom-a-Conference, please email the teacher to confirm an available time and to obtain a link. 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 23rd. 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 a 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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"Meet Us in the Middle"





Character Strong, our homeroom curriculum, keeps the 8 Essentials as the focal point of its lessons: patience, kindness, humility, respect, selflessness, forgiveness, honesty, and commitment. These complement our own "Panther Pride" philosophy.

In February, we will focus on 'Practice Kindness' and will participate in a couple of all-school projects. The first of these projects will be a pop tab collection. Kicking off this project will be a presenter speaking on behalf of the Ronald McDonald Houses. We encourage students and families to bring in their pop tabs to help support this community service project. The second undertaking will be to create kindness gardens around the school. All students and staff will decorate a kindness rock. From there, we will 'plant' these around the building creating gardens in order to help grow and cultivate compassion and graciousness, right here at the middle school.

The high school counselors will be coming over to talk to the 8th graders in late February regarding high school registration. The 8th graders have spent some time on Xello, our Career Exploration portal, so that they can feel better prepared to plan their high school courses and to either pursue higher education or enter the workforce in a few short years.

Cabin fever tends to set in as we approach February. Our annual Winter Wellness is scheduled for Friday, February 23. 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 for grades 6-8 on Thursday, February 8th and Monday, February 12th. As noted in Mr. Wopat's letter above, grade 5 will meet with their homeroom teachers during an assigned time that will be scheduled via Skyward. 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.

Lastly, as middle school counselors, we always enjoy an opportunity to get into the classrooms and deliver a lesson or two! December and January allowed us an opportunity to get 7th and 8th grade into Xello (career exploration), as well as lessons on GRIT, and 5th grade had lessons in Internet safety and responsibility. 6th graders will be exploring their interests and career matches in February. Please ask your student what they discovered about themselves and their interests. Better yet, have them show you their online portfolio! We will continue to update those interests over the next couple of years and continue planning their academic and career pathways.



"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 FRIDAY, FEBRUARY 23, 2023

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







Calendar of Events-School

Event	Date	<u>Time/Information</u>
Early Release	February 7	12:20 p.m. (students released)
Parent/Teacher Conferences	February 8	3:30-7:00 p.m.
Parent/Teacher Conferences	February 12	3:30-7:00 p.m.
NO SCHOOL	February 16	
Presidents' Day	February 19	
Show Choir Concert	February 22	7:00 p.m. Heider Center
Show Choir Concert	February 23	7:00 p.m. Heider Center
Winter Wellness	February 23	8:30-3:00 p.m.
NO SCHOOL	March 15	Teacher in-service
NO SCHOOL	March 28	Snow day makeup-off, unless another snow day happens before the date

Calendar of Events-Athletics

<u>Event</u>	<u>Date</u>	<u>Time/Information</u>
8th Grade Girls BB	February 1	4:00 vs Tomah MS @ WSMS
7th Grade Girls BB	February 1	4:00 vs Tomah MS @ WSES
8th Grade Girls BB	February 8	4:15 vs Sparta MS @ Sparta Meadowview MS
7th Grade Girls BB	February 8	4:15 vs Sparta MS @ Sparta Meadowview MS
8th Grade Girls BB	February 13	4:00 vs Onalaska MS @ WSMS
7th Grade Girls BB	February 13	4:00 vs Onalaska MS @ WSES
8th Grade Girls BB	February 15	4:15 vs Longfellow MS @ Longfellow MS
7th Grade Girls BB	February 15	4:15 vs Longfellow MS @ Longfellow MS
ASL Hockey	February 1	4:00 vs Logan @ Logan HS
ASL Hockey	February 6	4:15 vs Central @WSMS
ASL Hockey	February 13	4:15 vs Onalaska @ Onalaska HS
ASL Hockey	February 21	4:00 vs Holmen @ Holmen HS

Student of the Month

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

<u>Grade 5</u>

Jocelyn Buros Ethan Draxler Colton Siebenaler

<u>Grade 6</u>

Ava Bertelsen Mavis Franzen Liam Miller

Grade 7

Thomas Janet Kiley O'Donnell Jordyn Peterson

<u>Grade 8</u>

Alexa Franke Campbell Laack Michael Lysne

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 completed amazing science projects and presented them. They are 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. We will also run science activities at the school forest.

Social Studies Update:

The American Colonies are currently being studied. Students will be learning about the villages, schools, people, laws, and economy associated with this time period. In geography, we'll begin to map the New England and Middle Atlantic states and capitals. Hmmmm, the capital of Maine is? **Reading Update:**

Students have been focusing on summarizing and finding themes in Graphic Novels and other fiction texts. Next they will be focusing on quoting text evidence from nonfiction in order to answer questions. This strategy will apply to fiction as well.

Writing Update:

Students will continue working on grammar and sight words. They will 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 7th 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. Burdick, Mrs, Fink, Miss Folkers, Mrs. Kjos, Mr. Ringlien, and Miss Schrader



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 with 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!

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
- Analyzing and identifying different types of conflict surrounding social issues and instances of discrimination that were happening in the novel
- Making connections between background knowledge about the era and the events in the novel
- Using quotes from the novel in discussions with personal reactions

Students are able to bring the books home and are 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!



Science - Mrs. Jarosh

6th Grade Scientists explore chemical reactions! Burning Steel wool was a great way to see iron and oxygen react and form iron oxide. These students were using scientific skills to determine in chemical reactions took place! Baking soda and vinegar were a favorite. When certain liquids combine they







create a chemical reaction called a precipitate! Students had the opportunity to experience this first hand!



Mrs. Jeranek - In 6th grade social studies, we have learned many geographical challenges and 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 and presenting battles within 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 in February of 2024!





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 February we will continue to work on compound sentences. We will also continue to review nouns, verbs, and adjectives and add prepositions. Word work will include learning roots and spelling words. We will also continue to work on paragraph structure as well.

Reading: In February, students will practice reading skills with the read aloud The Giver and their independent reading of a dystopian novel.

<u>Science - Mr. Baker</u>

We are working our way through the genetics unit with a few fun labs including one of my favorites, "Supertasters!" With that out of the way, we will begin to delve into the inner workings of DNA and molecular genetics! How does DNA code for all the things in your body? To find out, we will be creating our own secret messages using DNA as the code. Back in January, twelve students went to Trees for Tomorrow and then all the 7th graders went to the school forest to learn about winter forest ecology!



Social Studies - Mr. Mahlum

In February, the 7th grade Social Studies students will focus on the three branches of the national government. We will look at all three branches in detail and examine the powers and responsibilities of all three branches.

GRADE 8 reveletter

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. Students are given a journal prompt Monday-Thursday, and then we decide which one will be turned in and graded every other Friday. We also 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
- R.4 Provide an objective summary of a text
- R.5 Analyze how parts of a text reveal aspects of a character

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 claim/thesis statement
- W.5 Write a conclusion that provides closure and ties up loose ends
- W.6 Create writing that utilized effective transitions
- 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.





"Meet Us in the Middle"

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:

- \rightarrow 7.1: Add and subtract polynomials.
- \rightarrow 7.2: Multiply and divide polynomials.
- \rightarrow 7.3: Use patterns to find products of polynomials.
- \rightarrow 7.4: Solve polynomial equations in factored form.
- \rightarrow 7.5: Factor polynomials of the form x2 + bx + c
- \rightarrow 7.6: Factor polynomials of the form ax2 + bx + c
- \rightarrow 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:

 \rightarrow 6.1: Use scatter plots to describe patterns and relationships between two quantities.

- \rightarrow 6.2: Use lines of fit to model data.
- \rightarrow 6.3: Use two-way tables to represent data.
- \rightarrow 6.4: Use appropriate data displays to represent situations.

SCIENCE- Ms. Smith- Waller

We are focusing on Earth's history and Geologic Time. We learned about the Early Earth and started to figure out how to determine the relative age of rocks. To round out this unit, we will learn about the process used to determine the absolute age of rocks, we will figure out how fossils form and what they tell us about the past, and look more closely at the eras

of Earth's history including the significant events that help us organize our history into the Geologic Time Scale. To finish up this unit students will complete a project creating a timeline of Earth's history that will be 5 meters long (just under 15 feet). After finishing up our unit on Earth History, we will move into our Astronomy unit. This will begin by looking specifically at the Earth-moon-sun system and how they interact with each other.

Essential Learning Outcomes:

- Construct a scientific explanation based on valid and reliable evidence obtained from sources and the assumption that theories and laws that describe nature operate today as they did in the past and will continue to do so in the future.
 - MS-ESS1-4: Construct a scientific explanation based on evidence from rock strata for how the geologic time scale is used to organize Earth's 4.6-billion-year-old history

SOCIAL STUDIES- Ms. Morgan

February brings eighth-grade social studies students to exploring the early presidencies of George Washington, John Adams, and Thomas Jefferson. We will investigate how these early founding fathers impacted not only the events of their time but also the modern presidency.

Our learning targets include:

- 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
- 8.JE.1: Critique the changes in Jefferson's political ideology
- 8.JE.2: Assess the Louisiana Purchase and the exploration of the region

Students participating in the end of the year trips will have one last fundraising opportunity this month-- Puffin Pastries. Please watch for sales early in February. This will help offset individual costs for students participating in the trips.



MUSIC



<u>sth Grade General Music</u>: Student have graduated from bucket drumming to playing the recorders! We have had so much fun learning how to play the recorder and we have played songs such as "Hot Cross Buns" and "Au Claire de la Lune." We are also spending some time talking about the instruments of the orchestra and concert band. We are hopefully getting students excited to try out the band instruments at the end of March and for signing up for choir next year!

<u>6th Grade Keyboards and More</u>: Students have learned about more aspects of playing the piano keyboard by demonstrating staccato (short and separated notes) and legato (smooth and connected) notes using both hands. They explored what it means to play in different tempos and hand positions. In January, we took a short break from piano keyboards and examined the music of Bollywood. We learned about the Hindi music and film industry and the importance of music in Bollywood films. Students showed their understanding by creating their own Bollywood dance grooves in GarageBand!

<u>7th Grade Guitars and Musicals</u>: In early January students finished watching the musical "The Greatest Showman" for their trimester 2 musical. We talked about topics of humanity, racism and greed that are illustrated in the film. Students were asked to connect some song lyrics from the musical to their life and to share one of their "Million Dreams." Then we returned to our guitars. Students are now using the left hand on the fretboard to play simple melodies using half, quarter, and eighth notes in both standard notation and tablature.

<u>8th Grade General Music</u>: Ukuleles are here! Students spent a few days in class learning about the history of the ukulele and learned a few simple chords. They are now starting the beginning of every class with a play along of a pop song on ukulele. Students spent a few days learning about the history of video game music and created their own video game music. Now they are analyzing a pop or country song for their chord structure and are going to recreate the chord progressions with authentic instruments in GarageBand.

S.T.E.M. - Mr. Jones

6th Grade STEM

We are working hard at designing the sturdiest toothpick bridge. Soon, students will be able to test their designs to see who made the best bridge that holds the most weight.

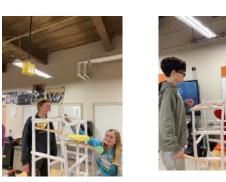


7th Grade STEM

The students are using what they learned with the multi-view sketches and CAD based design to make a puzzle cube. The puzzle cube consists of five separate pieces. Once finished, have fun solving your students'

8th Grade STEM

The students are working hard to get their paper roller coaster finished in class. We are trying to see who can come up with the longest lasting coaster when a marble gets sent down the track.



Robotics

In Robotics, students have learned how to program buttons to their motors. They are now building from a choice of a pet toy or a spinning sign that has to start when the button is pressed.





Panther Time & Spanish with Señor Hinman

5th & 6th Grade Panther Time

In 5th and 6th grade PT, we learned greetings and farewells, and will be continuing to learn the Spanish alphabet and numbers 0-100. 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 learned about Spain and the culture related to that country. From there, we are exploring the cultural aspects of Mexico as well as some of the hispanic nations of Central and South America. We will also be going over how other countries in the Spanish-speaking world celebrate Valentine's Day.

7th Grade Spanish

In December, we learned some expressions with greetings and farewells, along with some Christmas vocabulary. We even sang Deck the Halls in Spanish to various classrooms! In January, we got back into the swing of things with some more story-telling. Again, these stories have a humorous twist to them and contain words which we can also act out. We will also be having a fiesta for Valentines Day (Feb. 15th) so make sure everyone brings in something to eat or drink for that day!

8th Grade Spanish

In 8th grade Spanish, we are still working on completing the curriculum work from the high school's Spanish 1 classes. It's coming along, but we still have a long way to go. In December and the beginning of January, we worked on a unit which mostly talked about the Panama Canal along with some information about Tish Hinojosa and her famous song, El Reloj. We're also currently working on our 4th unit, La universidad, which generates students' interests in future endeavors while in the target language. We will also be having a fiesta for Valentines Day (Feb. 14th & 15th) so make sure everyone brings in something to eat or drink for that day!



HARVEST OF THE MONTH NEWSLETTER FEBRUARY 2024





Harvest of the Month is Chili!

Make chili with as many local ingredients as you can find! Add local meats, cheese, yogurt, or green onions to level up your chili game. Have leftovers? Serve it over fries or a baked potato!

The Wisconsin Chili Lunch Challenge is Feb. 22!

Celebrate Wisconsin-grown foods and farm to institution efforts by participating in the 2024 Wisconsin Chili Lunch. Join K-12 schools, early care and education programs, hospitals, colleges, and more by cooking and serving a chili recipe made with local ingredients on National Chili Day!

In 2023 Wisconsin Chili Lunch participants served up 6,023 bowls of local chili at 46 different cafeteria sites across the state! Let's gather together at even more sites in 2024 to share our bowls of Wisconsin-grown goodness this winter!

Fun Facts!!

- Some states add pasta to their chili!
- Chili was popularized during the Gold Rush of the mid-1800s. Cowboys and prospectors combined dried beef, fat, pepper, salt and chili peppers together into stackable rectangles or "chili bricks" that were then dumped into boiling water
- In 1977, chili was proclaimed the official state food of Texas.



LA CROSSE COUNTY Health Department Nationally Accredited





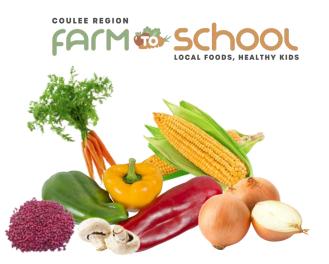




Coulee Region Farm to School is a partnership between UW-Madison Division of Extension, LaCrosse County Health Department, Mayo Clinic Health System-Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, LaCrescent-Hokah, Holmen, LaCrosse, Onalaska, and West Salem.

HARVEST OF THE MONTH NEWSLETTER FEBRUARY 2024





Recipe of the month

Farm2School Chili

Ingredients:

Serves 11

- 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
- 1³/₄ 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



LA CROSSE COUNTY Health Department









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.

Source: laxf2s.org

February 2024

West Salem Middle School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Sweet Treat Thursday!! 100% Fruit Juice Slushy From the Grill Polish Kielbasa with Potato & Cheese Pierogies Garlic Roasted Green Beans Home Style Chicken Tenders Animal Crackers Garlic Roasted Green Beans Deli Line Crispy Chicken Wrap Goldfish Crackers Grab and Go Panther YOGURT Pack	 Garlic Mozzarella Cheese Twists with Marinara Dipping Cup Green Peas Deli Line
5 From the Grill BBQ Rib Sandwich • Waffle Fries Home Style Pulled Pork Sandwich • Waffle Fries Deli Line • Southwest Chicken Salad • Corn Bread Muffin Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	6 From the Grill • Cinnamon French Toast Sticks and Jones Dairy Sausage Links • Warm Cinnamon Apples Home Style Cinnamon French Toast Sticks with Colby Cheese Omelet • Warm Cinnamon Apples Deli Line Turkey Bacon on Sub Roll • Creamy Tomato Soup Grab and Go • Panther YOGURT Pack	7 From the Grill • Breaded Chicken Patty Sandwich on WG Bun • Peas & Carrots Home Style • Cheese Pizza • Peas & Carrots Deli Line • Ham & Cheese Wrap • Cottage Cheese Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	 B From the Grill Pasta with Italian Meat Sauce Garlic Breadstick California Blend Vegetables Home Style Pasta with Marinara Sauce Garlic Breadstick California Blend Vegetables Deli Line Turkey and Swiss on WG Croissant Chicken Noodle Soup Grab and Go Panther YOGURT Pack Panther PBJ Pack 	Green Beans
 12 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 	Chicken Seasoned Brown Rice • Whole Kernel Sweet Corn	14 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	15 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	16 No School

19	20	21	22	23
From the Grill • Chicken Patty - Hot and Spic 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	Refried Beans Home Style Pork Taco on Soft Shell Tortilla Refried Beans Taco Topping Bar	From the Grill Chicken and Waffles - Chicken Tenders served with Belgian Waffles Green Beans Home Style Chicken and Waffles - Chicken Tenders served with Belgain Waffles Green Beans 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	Sausage Pizza Whole Kernel Sweet Corn Home Style	 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
26	27	28	29	
From the Grill Cheesy Garlic French Bread Pizza Marinara Dipping Cup Mixed Vegetables Home Style Tater Tot Hot Dish Mixed Vegetables WG Dinner Roll Deli Line Turkey Sub Vegetarian Minestrone Grab and Go Panther YOGURT Pack Panther PBJ Pack	 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 	 From the Grill Chicken Nuggets with Cheezer It Crackers Mein Noodles Steamed Broccoli Home Style BBQ Teriyaki Chicken Mein Noodles Steamed Broccoli Deli Line Chef Salad w/Ham & Cheese Bug Bite Crackers Grab and Go Panther YOGURT Pack Panther PBJ Pack 	Spiral Fries Home Style • Hamburger on WG Bun Spiral Fries Deli Line • Turkey and Cheddar on WG Bun • Brown Chicken & Wild Rice	

Menu likely to change based on product availability. This institution is an equal opportunity provider. Layout & Design @ Nutrislice, Inc. Printed on 2/1/2024 at 10:43 am .