

## WEST SALEM MIDDLE SCHOOL

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2023

Dear Panther Families,

The end of the school year is fast approaching. I would like to take this opportunity to genuinely thank the parents, staff, students, and community members who helped make this a very successful school year. But the school year isn't over yet! In addition to the academic work and learning we have left to accomplish, the next few weeks are filled with many opportunities and experiences for our students. The 8th Grade Promotion Ceremony will take place on May 25 at 7:00 p.m. in the Heider Auditorium. 8th graders are expected to attend school the following day, May 26. We will be wrapping up instruction, handing out yearbooks, collecting iPads/chargers, & maybe having a little fun as well! Between May 29 – June 3, many eighth graders will be going on a trip to Washington, D.C. Those who are not attending will participate in engaging activities locally.

The seventh grade spring campout will be held at the Outdoor Education Center (OEC) May 22- 25. Please avoid scheduling appointments for your child during these dates, as your child will be spending 2 ½ days at the OEC. This is a great opportunity for our students! The 6th graders will be going to Jellystone on May 31 and attending the OEC on June 1. 5th Grade takes a ride on the LaCrosse Queen May 23 or May 24 and enjoys a picnic at Vets Park on June 2. In addition, 5th, 6th, and 7th grades have spring and band performances. Dates and times can be found on page 3. We will be collecting all iPads/chargers prior to the end of the school year. The dates will be determined shortly, and we will communicate that to both the students and parents.

As always, we encourage you to take an active role in building relationships with your child, our staff, and community. We thank you for your continued support of our efforts as we work together to provide the best middle school experience for your child. As we move towards the end of the school year, it's important we stress to our students the urgency of a strong finish. In addition, please feel free to discuss your student's goals for next school year and connect how the finish to this year can lead to a great start for next fall. The choices we make today have a large impact on the options that we have available to us tomorrow.

Have a great summer with family and friends.

Ben Wopat  
Principal  
Twitter.com/coachwopat

EARLY RELEASE MAY 10

SCHOOL ENDS AT 12:20  
BUSES AT 12:30

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# STUDENT OF THE MONTH

*Each month, teachers send nominations for Student of the Month. April's focus was **Practice Kindness**. Below is a list of three students from each grade level that exemplified **Practicing Kindness**. Mr. Wopat and Ms. Beld notified parents of this accomplishment, met with them as a group and took individual and group photos.*

## Grade 5

*Laney Kneifl  
Finn Nagy  
Evelynn Scholten*

## Grade 6

*Carissa Siegler  
Stella Valigette  
Clayton Vanish*

## Grade 7

*Anna Gross  
Silas Hyer  
Kaylynn Johnson*

## Grade 8

*Will Clements  
Lucas Fry  
Aubree Pintz*

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

**6th Grade Choir & Band Concert**

Tuesday, May 16

6:00pm Concert - 5:30pm Report in Concert Uniform  
Marie W. Heider Center for the Arts

**7th Grade Choir & Band Concert**

Tuesday, May 16

7:30pm Concert - 7:00pm Report in Concert Uniform  
Marie W. Heider Center for the Arts

**8th Grade Choir & Band Concert**

Tuesday, May 23

7:00pm Concert - 6:30pm Report in Concert Uniform  
Marie W. Heider Center for the Arts

**6th Grade General Music:** Students are taking a break from piano keyboards and are learning about rock n roll history. They will be studying rock styles and influential musicians from the 1950s through today.

**7th Grade General Music:** Students created their own guitar music last month and now are focusing on the musical "Fiddler on the Roof." The musical is about Jewish life in the early 1900s in a fictional Russian town. Through this study, students are learning about traditions, holidays and everyday life of the people of those times. They are studying and analyzing the music from the musical and the role it plays.

## School Events

May 8 - May 12	Teacher Appreciation Week
May 10	Early Release at 12:20 - buses leave at 12:30
May 16	Gr. 6/7 Band and Choir Concerts (see above for more details)
May 22 - 24	Gr. 7 Field Trip to OEC (1/2 of class)
May 23 - 24	Gr. 5 Field Trip/La Crosse Queen
May 23	Gr. 8 Choir and Band Concert (7:00-8:30 p.m.)
May 24 - 26	Gr. 7 Field Trip to OEC (1/2 of class)
May 25	Gr. 8 Promotion Ceremony (6:00-7:00 p.m., H.S. Commons)
May 29	NO SCHOOL - MEMORIAL DAY
May 29 - June 2	Gr. 8 Field Trip to Washington D.C.
May 31	Gr. 6 Field Trip to Jellystone
June 2	LAST DAY OF SCHOOL - DISMISSAL AT 12:20 p.m.

## Sports Events

### 7th Grade Softball

May 5	vs. Westby MS @WSHS	4:15
May 9	vs. Viroqua MS @WSHS	4:00
May 12	vs. Sparta MS @Sparta Meadowview MS	4:00
May 15	vs. Tomah MS @WSHA	4:15
May 19	vs. Holmen MS @Holmen MS Field	4:00
May 25	vs. Viroqua MS @WSHS	4:15

### 8th Grade Softball

May 5	vs. Westby MS @WSHS	4:15
May 9	vs. Viroqua MS @WSHS	4:00
May 12	vs. Sparta MS @Sparta Meadowview MS	5:00
May 15	vs. Tomah MS @WSHS	4:15
May 19	vs. Holmen MS @Holman Deerwood Park	4:00
May 25	vs. Viroqua MS @WSHS	4:15

### 6th-8th Track and Field

May 8	(GIRLS) vs. Multiple Schools @Tomah HS	4:30
May 8	(BOYS) vs. Multiple Schools @Tomah HS	4:30
May 15	(GIRLS) vs. Multiple Schools @WSHS	4:30
May 15	(BOYS) vs. Multiple Schools @WSHS	4:30
May 19	(GIRLS) Conference Meet	
	vs. Multiple Schools @Central HS	4:30
May 19	(BOYS) Conference Meet	
	vs. Multiple Schools @Central HS	4:30

## Counselor's Corner

This time of year is always bittersweet for us here at school. We are excited about meeting our "new recruits" as the 5th graders become part of their permanent middle school homerooms. We look forward to getting to know them better over the next three years in this family-type setting. Our students have explored many new things as the year closes out. Our 6th graders began their online portfolios and started exploring interests and careers that seem exciting to them. Our 7th graders will end the year with the traditional campout at the OEC, and many of our 8th grade learners will head out to explore our nation's capitol of Washington DC. Our 8th graders have been part of this school for the past few years which makes it difficult to see them leave. Watching our kids grow up and move on is one of the toughest parts of 'parenting.' We wish them all the best in their future endeavors! Thank you for entrusting us with your children this past year. To say that we have gone through a lot together is an understatement. We have appreciated your support as we navigated through all of the ups and downs life brought us. Not to wish the time away, but we do look forward to seeing and connecting with you again next school year! In the meantime, have an adventurous and memory-filled summer with family and friends. ~Ms. Becker & Mr. Lang

## 5th Grade LMC & Technology

**Fifth graders** in LMC this trimester will be starting their National Parks research in the coming weeks. Each student will be picking a national park to focus on and learn more about. Students will then create a digital scrapbook project around an imaginary visit they made to that national park. Fifth grade students have also been learning some basic coding skills using an app called Hopscotch. If you know a fifth grader in Mrs. Kjos or Mrs. Burdick's class, ask to see their name drawing in Hopscotch and have them tell you a little bit about how they made it! These students are doing really amazing things in Hopscotch!

### **7th Grade Creative Computing**

Right before our long weekend break, 7th grade Creative Computing students finished up learning about Python and physical computing with Raspberry Pi computers. They learned how to use GPIO pins to create circuits that controlled devices like LED lights and buzzers. They learned how to use Python to code these components, making them flash and buzz. Students asked lots of great questions and worked super hard learning about concepts that were completely new to them. For the last couple of months of the school year, we will be learning about stop motion animation and using an app called Stop Motion Studio along with iMovie for iOS to create short stop motion films. Students will begin experimenting with different stop motion techniques during the last week of April!

### Spanish - Sra. Kirchner

¡Hola familias! The final month with lots to do still! But we are leaving the coolest projects for these last days since we are almost done with school!

**6th graders** just got done doing their project about themselves. They did a really nice job using their Spanish presentational skills while describing who they are! The best part comes now! We are going to make sugar skulls and learn about the traditional Day of the Dead! So much fun!

**7th graders** did their weather projects that had been sent to Spain!! All the students did a marvelous job! Now it's time to learn more vocabulary about school supplies and learn about the tradition of Bullfighting!

**8th graders** are almost done with Middle School! How exciting! We are going to learn about crazy and fun traditions from Spain and other Spanish speaking countries!

**Spanish 1** students are at the end of the whole school year in this subject and getting ready for their big final test!! They are working really hard to be able to start next year in Spanish 2!

Thank you so much to all the families for all the support this year! It has been a wonderful experience!

Have a great summer! Sra. Kirchner

### Healthy Living - Brewer, Olson, Serres

Healthy Living has been enjoying the warm weather as we have been getting outside as much as possible! We will be finishing up the year with a wide variety of activities that work on conflict management. Thank you for encouraging your children to be active at home!

### Tech Ed - Tyler Shrake

7th graders have been hard at work learning the basic foundations of CNC and Graphic Design while starting their business careers. They will use this knowledge to build their own products and record their process and designs in their websites.

8th Graders have been working diligently on their project rotation. We have seen everything from organizers to passes being built to help teachers out among the school. Some brave 8th graders have chosen to take on sewing and are wrapping up their drawstring backpacks. Finally most students are creating their own t-shirts using cricut software and coreldraw to spread a social-emotional message.





## Art - Mrs. Hemker



### **Grade 5**

In May, 5th graders will be finishing up their clay work! They will glaze their cupcake container and paint their wall art. They will choose how to finish their choice piece. We will photograph these and then wrap them carefully for home!. All projects reviewed a variety of clay techniques that they have learned since they were in Kindergarten. We will also be working with pen and ink and pencil drawings.

### **Grade 6**

In May, 6th grade will also be finishing their clay. Their carved container will be glazed and re-fired. They will also be creating a clay animal rattle or whistle, they will choose how to finish these as well as their choice object.. We will also be working on a variety of drawing projects as we complete the trimester and hopefully will have some time to draw outside.

### **Grade 7**

This month, 7th graders will be finishing up their large scale collage pieces. We will then move on to create a mandala or radial design as well as drawing small objects that they brought from home. Students will also have time to create a clay bowl as well as another clay piece.

### **Grade 8**

Students in 8th grade will complete their wall block designs as we begin May. They have also started using Google Drawings to create a mosaic piece of digital art. Our last classes will give us time to spend a few days working with clay while making a container and a tile.

### **8th Grade Elective**

This class will be spending much of the month of March creating a shadow box sculpture. We will begin by building a cardboard box that fits inside a premade frame (students will choose the size). We will then create a background, middle ground and foreground using a variety of materials and techniques to create an illusion of depth. If there is time at the end of the month, we will create sculptures out of clay.

**Art Opportunity in the Community - UW La Crosse Art Adventures Classes - Click on the link below to view classes and register!**

### [UW La Crosse Art Adventures Classes](#)

#### **Explorations in Painting**

**Monday, August 7**  
8:30–11 a.m.

Explore fundamental and experimental painting techniques in this studio workshop to make your own multi-colored scratchboard painting and develop a mixed media acrylic painting on canvas.

#### **DIY Sculpture Studio**

**Tuesday, August 8**  
8:30–11 a.m.

In this DIY (do-it-yourself) style studio workshop basic concepts in creating sculptural forms will be explored through relief and sculpture in the round using cardboard mask forms, fibers, wire, recycled materials, and duct tape.

#### **Bookmaking & Beyond**

**Wednesday, August 9**  
8:30–11 a.m.

Experiment with a variety of bookmaking techniques and inspired concepts including decorative papers, recycled books/materials, origami, and dioramas.



REGISTER



WHAT TO BRING



INSTRUCTOR



SCHOLARSHIPS AVAILABLE



**Reading:** Students will be reading historical fiction books that take place during the American Revolution. This will allow students to build connections to what they have learned so far and are currently learning in Social Studies. They will practice and review skills that they have learned throughout the year while they are reading this book.

**Math:** The month of May we will finish the algebraic patterns and coordinate planes unit. We will also discuss volume to wrap up the school year.

**Social Studies:** We discussed the issues that led to the American Revolution in April, and will touch on several key events of the War. We will be exploring the Bill of Rights and Constitution to wrap up the year. A 50 states and capitals assessment will be given before the end of the year.

**Science:** The students have been learning about the different Earth systems (biosphere, hydrosphere, geosphere, atmosphere). The students worked cooperatively to develop a science experiment using a lima bean plant and have used the science inquiry to collect and analyze data. We will finish up the year specifically looking at the hydrosphere and the importance of keeping our fresh water usable.

**Writing:** The students are finishing up a state opinion writing piece in May. This opinion paper is to persuade others to visit their state, which will lead into their restaurant project. They will also be writing an informational piece on the state quarter. We will continue with grammar lessons and our final sight words in May.

**Restaurant Project:** This project is an exciting, culminating project that 5th grade students complete each year. The students start by picking a state that they want to research. They will complete a menu that will include information about their state and descriptive writing about their food specials. As part of our enrichment portion of May, they will also be learning about calculating sales tax, writing checks, and so much more! Students will also design and create a 3D model of their restaurant. There will be many supplies at school for the kids to use. More information will come home before this project starts.

# 5th Grade





### **Reading - Mrs. Buisman and Mrs. Schultz**

Mid May students are finishing up their research project on a Human Rights topic. Students will share their project during a Gallery Walk where they can browse each other's topics and final product. Our next focus will be on figurative language and poetry to wrap up the year.

In Reading, we will be working on finishing student's independent reading of a narrative for their Digital Project, and in English continued work will be done with grammar and homophones.

Happy Researching! - Mrs. Schultz and Mrs. Buisman

### **Social Studies - Mrs. Jeranek**

It's hard to believe May is upon us! Students have been exposed to a lot of information about ancient civilizations throughout the course of 6th grade. We will finish the Ancient Civilizations with Rome.

April took us through Rome's early years as a Republic and then into an expansive Empire. There were many emperors who impacted the Mediterranean Sea region in various ways. May will find us finishing Rome with exploring those emperors and all the achievements created to expand the empire to cover three continents.

Thank you for sharing your 6th grader with me as we explored the civilizations around the Mediterranean Sea! I hope they have enjoyed their journey back in time as much as I have!



### **Regular Math with Mrs. Alo and Mrs. Jehn**

Students will complete Chapters 9 and 10 in May. Chapter 9 is titled Statistical Measures and will cover the three measures of center including the mean, median, and mode as well as the three measures of variation including range, interquartile range, and mean absolute deviation. These concepts may bring back fond memories of a statistics course you might have taken years ago; however, they are difficult topics and very abstract for 6th grade minds. These skills are necessary for us to be able to complete Chapter 10, Data Displays, which is the last chapter of the 6th grade book and how we will spend the end of the school year. This chapter is all about various 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 to describe the center, spread, and shape of the displays.

### **Advanced Math with Mrs. Jehn**

In May students will finish Chapter D reviewing topics such as solving and graphing ratios, rates, and proportions. They will also complete Chapter E titled Percents. Have your student work with you this summer to determine discounts, percent markups, and simple interest which are all skills from this chapter and for life. By the end of this chapter students will have completed the entire 6th grade book and the first half of the 7th grade book. They have done a tremendous job this year digging in to tackle difficult problems requiring high level thinking skills. Next year they will be finishing the second half of the 7th grade book and then all of the 8th grade book. The skills will continue to become more difficult but their effort, perseverance, and willingness to learn will pay off for them.



**Science - Mrs. Jarosh**

These super sixth graders used pennies, aluminum foil, and cardboard soaked in vinegar to create a battery! They had enough voltage to light up an led bulb and mini clock!





### **Friell/Rochester - Language Arts**

**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 May, we will work on compound and complex sentences. We will also continue to review the four parts of speech we've reviewed so far (noun, verb, adjective, and preposition) while we add adverbs. Word work will continue to include learning roots and spelling words. We will start working on our last writing piece. This will focus on informative writing.

**Listening:** Students will continue listening to the Six Minute podcast and a daily read aloud.

**Reading:** In May, the students will be reading a book of their own choice as well as a novel in verse.

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### **Science - Mr. Baker**

In science, we have been learning about classification of different organisms and groups of animals! We've dissected frogs, worms, and deer hearts as part of this unit which is always very interesting for students. To finish out this unit, we will be studying viruses and bacteria before finishing out the year with ecosystems.

The forest experience is here! Paperwork was sent home and should be returned asap if it hasn't been already. If you have questions, don't hesitate to e-mail Mr. Baker.

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### **Social Studies - Mr. Mahlum**

In 7th grade social studies, the students will turn their attention to state and local governments. We will learn how the state of Wisconsin operates and then look at how La Crosse County and the Village of West Salem set up governments. When examining these two levels of government, we will focus on how laws are made and who is responsible for enforcing the laws. Finally, we will look at the geography of our state and county and how both are divided into political subdivisions (counties, towns, villages, etc.).

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### **7th Grade Math - Mrs. Piersma & Mrs. Weber**

It has been a busy few weeks with state testing and a nice long break. We hope that you enjoyed the extra time with your child! After break, we started our unit on surface area and volume of prisms, cylinders, and pyramids. The ability to calculate surface area and volume is very useful in real life for events like packaging a product. Have your student measure a cereal box and calculate the surface area and volume of the box. Could the box be a different size with a smaller surface area and still hold the same amount of cereal? Why do you think the company made the box the size it is?

Mrs. Piersma & Mrs. Weber

# GRADE 8

## newsletter



### MAY EDITION

#### ELA- Mrs. Meyer & Ms. Sackett

May is an exciting month in 8th grade ELA! We will be finishing the historical fiction unit with our choice board project. As a final assessment, students are able to select from six choices to demonstrate their connections and understanding of their historical fiction novel. At the beginning of May, we will start our historical fiction read aloud, *Worlds Afire* by Paul Janeczko. We are excited to invite guest readers in to read this book. *Worlds Afire* will serve as the model for our final writing piece which will focus on a specific historical event and an assigned point of view. In addition, we will continue to read daily and work on sentence variety. The sentence assessment will be at the end of the month. This has been a great year, and these students are ready for high school!

#### SCIENCE- Ms. Smith- Waller

It is amazing to think we only have a month of 8th grade left this year! We learned all about how the Earth, moon and sun interact to see phases of the moon as well as solar and lunar eclipses. The last part of the standard we have been working on was about seasons. To better understand how the Earth moves through space to get the different seasons, we completed our kinesthetic astronomy activities. Ask your 8th grader how it felt to be the Earth, we had a lot of fun with this. After finishing up the reasons for seasons, we will take a look at some other topics related to Astronomy including gravity and how it holds our universe together. We will finish up the year going through the other objects we find in our solar system and their scale proportions. I am looking forward to these last days together learning about Earth and Space Science!

##### Essential Learning Outcomes:

- Develop and use a model to predict and/or describe phenomena.
  - MS-ESS1-1: Develop and use a model of the Earth-sun-moon system to describe the cyclic patterns of lunar phases, eclipses of the sun and moon, and seasons.
  - MS-ESS1-2: Develop and use a model to describe the role of gravity in the motions within galaxies and the solar system
- Analyze and interpret data to determine similarities and differences in findings
  - MS-ESS1-3: Analyze and interpret data to determine scale properties of objects in the solar system.



## ALGEBRA- Mrs. Coe

In April, we took the Wisconsin Forward Exam and finished Unit 8 on Graphing Quadratic Functions. In May, we will finish the year on Unit 9 on Solving Quadratic Equations, and will take a final assessment at the end of the school year.

The learning targets for Unit 9:

- 9.1: Use properties of radicals to write equivalent expressions.
- 9.2: Use graphs to solve quadratic equations and find zero of functions.
- 9.3: Solve quadratic equations using square roots.
- 9.4: Solve quadratic equations and find max and min values of quadratic fcn's by completing the square.
- 9.5: Use the Quadratic Formula and its discriminant to solve and analyze quadratic equations.
- 9.6: Solve nonlinear systems graphically and algebraically.

## MATH 8- Mrs. Coe & Mrs. Snook

In April, we completed the Wisconsin Forward Exam (state testing) and we completed Unit 9 on Real Numbers and The Pythagorean Theorem. We are ready to go back to Unit 7 to wrap up Functions for the year. We will touch base on Unit 10 about Volume and Similar Solids.

The learning targets for Unit 7:

- 7.1: Understand the concept of a function
- 7.2: Represent functions in a variety of ways.
- 7.3: Use functions to model linear relationships.
- 7.4: Understand differences between linear and nonlinear functions.
- 7.5: Use graphs of functions to describe relationships between quantities.

The learning targets for Unit 10:

- 10.1: Volumes of Cylinders
- 10.2: Volume of Cones
- 10.3: Volume of Spheres





## SOCIAL STUDIES- Ms. Morgan

May will find the 8th-grade students embarking on a new exploration in history. In the spring of 2021, the Wisconsin State legislature approved Act 30. This act requires students in Wisconsin to learn about the Holocaust and other genocides in middle school and high school social studies. Through Panther Time, we've already looked at the stages of genocide and explored some of the other genocides in our history. Our May focus will be just on the Holocaust.

Learning Targets for May include:

- 8.PS.1: Analyze primary and secondary sources to understand different viewpoints on an event
- 8.HG.1: Explain the why, how, what, when, and where the Holocaust took place
- 8.HG.2: Provide examples from the Holocaust of the 10 stages of genocide
- 8.HG.3: Summarize the impact of important individuals on the events before, during, and after the Holocaust (or other genocides).

## WASHINGTON DC ITINERARY

### **Monday, May 29, 2023**

- 6:00 a.m. Report to WSMS Gym (Enter through West End by football field/track)
- 6:30 a.m. Depart from WSMS
- 10:30 Lunch Beveledere Oasis \$
- 11:30/Noon Skokie Holocaust Museum
- Supper-Hardees Wyandot Plaza \$
- Hotel-Independence, Ohio

### **Tuesday, May 30, 2023**

- 9:00 Flight 93 Memorial, Shanksville, PA
- Lunch on Toll Road (Food Court) \$
- 3:30 Gettysburg- Cylcorama & Battlefield Tour
- Supper- Gettysburg Outlet Mall
- Hotel-Fairfax, VA

### **Wednesday, May 31, 2023**

- 10:00 Steven Udvar-Hazy Air and Space Museum
- Lunch-Shake Shack (at Air and Space Museum) \$
- 1:00 Mt. Vernon-Grounds and Mansion Tour
- Boxed Supper
- 5:30 Twilight Tattoo at Joint Base Myer-Henderson Hall
- Night Tour of Memorials- Will vary by bus

### **Thursday, June 1, 2023**

- 8:00 Arlington National Cemetery
- FDR Memorial and other sites in National Mall area
- Lunch- Reagan Building
- Smithsonians, Capital, Library of Congress, Memorials, Supreme Court- Will vary by bus
- Supper Pentagon City Mall
- Night Tour of DC- Will vary by bus

### **Friday, June 2, 2023**

- White House, Ford's Theater, etc.
- 10:45/11:15 Museum of African American History & Culture
- Smithsonians
- Lunch at Reagan Building or Pentagon City Mall
- Smithsonian and last minute locations
- Supper Pentagon City Mall
- Depart for home

### **Saturday, June 3, 2023**

- 7:00 Breakfast Golden Corral Rockford
- Arrive home around noon

## HARVEST OF THE MONTH NEWSLETTER MAY 2023



### Asparagus is the Harvest of the Month!

#### Add asparagus to your favorite family meals:

- Add bite-size pieces of asparagus to creamy soups.
- Dip asparagus spears in a healthy dip or dressing.
- Use leftover cooked asparagus in your scrambled eggs.
- Add asparagus to roasted potatoes, rice side dishes, or pasta salad.

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

**Select** – Choose asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

**Store** – Wrap the ends of stalks in a wet paper towel and place in a plastic bag. Refrigerate for up to 4 days.

**Prepare** – Snap off the woody ends, about 1-2 inches. Enjoy raw, steamed, boiled, grilled, or roasted!

#### Did you Know?

Asparagus can be found in three colors: green, white, and purple. White asparagus is grown under the soil, so it is never exposed to sunlight and never turns green.



Nutritious, Delicious, Wisconsin!  
#WltharvestoftheMonth

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

### Spring Vegetable Saute Serves 4

#### Ingredients:

- 1 teaspoon olive oil
- ½ cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 new potatoes (tiny, quartered)
- ¾ cup carrot (sliced)
- ¾ cup asparagus pieces
- ¾ cup sugar snap peas, or green beans
- ½ cup radishes (quartered)
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon dill (dried)

#### Directions:

Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes. If the vegetables start to brown, add a Tablespoon or 2 of water. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more. Serve immediately.

Source: laxf2s.org

Per serving: 138 calories, 1 g fat, 4 g protein, 39 g carbohydrate, 5 g fiber, 177 mg sodium



LA CROSSE COUNTY  
Health Department  
Nationally Accredited



MAYO CLINIC  
HEALTH SYSTEM

GUNDERSEN  
HEALTH SYSTEM®



FOOD  
WISE  
Healthy choices, healthy lives.

UW-MADISON EXTENSION

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

May 2023


West Salem Middle School  
Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
From the Grill • Mozzarella Stuffed Breadstick with 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 • <b>Walking Taco on Corn Chips</b> • 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 • 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	Sweet Treat Thursday!! Ice Cream Sandwich From the Grill • Chicken Nuggets with Cheez-It Crackers Seasoned Brown Rice • Steamed Broccoli Home Style • Chicken Teriyaki Seasoned Brown Rice • Steamed Broccoli Deli Line • Chef Salad w/Ham & Cheese, Bug Bite Crackers Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	From the Grill • <b>Pepperoni Pizza</b> • Honey-Glazed Carrots Home Style • Cheesy Garlic French Bread • Pizza Marinara Dipping Cup • Honey-Glazed Carrots Deli Line • Cuban Flatbread Sandwich • Chicken Dumpling Soup Grab and Go • Panther YOGURT Pack • Panther PBJ Pack
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
From the Grill • (Cheese) Hamburger on WG Bun • 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	 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 BLT on Sub Roll • Creamy Tomato Soup Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	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	From the Grill • Pasta with Meatballs in Marinara • Garlic Breadstick • California Blend Vegetables Home Style • Pasta with Marinara Sauce • Garlic Breadstick • California Blend Vegetables Deli Line • <b>Turkey and Swiss on WG Croissant</b> • Chicken Noodle Soup Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	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
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
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	From the Grill • Chicken and 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	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	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	From the Grill • Corn Dog • Mixed Vegetables Home Style • Mozzarella Stuffed Breadstick with Marinara Dipping Cup • Mixed Vegetables Deli Line • Ham & Cheese Sub • Vegetable Beef Soup Grab and Go • Panther YOGURT Pack • Panther PBJ Pack



*"Meet Us in the Middle"*



<b>22</b> From the Grill • (Cheese) Hamburger on WG Bun • Potato Smiles Home Style BBQ Rib Sandwich • Potato Smiles Deli Line • Southwest Chicken Salad • Corn Bread Muffin Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	<b>23</b> 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	<b>24</b> From the Grill • <b>Pepperoni Pizza</b> • Asparagus Home Style • BBQ Pulled Pork Sandwich • Asparagus Deli Line • Grilled Cheese • Creamy Tomato Soup Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	<b>25</b> From the Grill • Three Cheese Calzone • Garlic Breadstick • Roasted Broccoli Home Style • Pasta with Chicken Alfredo • Garlic Breadstick • Roasted Broccoli Deli Line • Turkey Club Wrap Simply Chex - Cheddar Grab and Go • Panther YOGURT Pack • Panther PBJ Pack	<b>26</b> From the Grill • Chicken Tenders • Animal Crackers • 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
<b>29</b> 	<b>30</b> From the Grill • Chef's Specials • Veggie of the Day Home Style • Chef's Specials • Veggie of the Day Deli • Chef's Specials Grab and Go • Panther PBJ Pack • Panther YOGURT Pack	<b>31</b> From the Grill • Chef's Specials • Veggie of the Day Home Style • Chef's Specials • Veggie of the Day Deli • Chef's Specials Grab and Go • Panther PBJ Pack • Panther YOGURT Pack		

Menu likely to change based on product availability.

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