

WEST SALEM MIDDLE SCHOOL



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SPECIAL POINTS OF INTEREST:

- *END OF TRIMESTER - March 3
- *NO SCHOOL - March 17
- *SNOW DAY - March 20
- *NO SCHOOL - April 7
- *NO SCHOOL - April 10

Dear WSMS Families,

Winter sports have ended, the temperature is slowly increasing, and spring will be here before we know it. A big thank you to our staff, students, and parents in ensuring we maintain a focus on learning during the winter months. Our Trimester ends on March 3rd.

We held our annual Winter Wellness day on Thursday, February 16. It was great to witness the impact this day had for both our students and staff. This experience provides an opportunity for them to interact in a different setting than the day-to-day school experience. **PANTHER PRIDE** was on display in the community as our students were **Practicing Kindness**, **Acting Respectfully**, and **Working Hard** in the settings we visited.

In March, we continue to provide engaging and enriching activities for our students: State Math Counts, WSMS Band Extravaganza, and our 5th Grade D.A.R.E. Graduation. On behalf of our staff, I want to thank you for your continued support. We look forward to working 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.*

Go Panthers!

Ben Wopat
 Principal
www.twitter.com/coachwopat



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DON'T MISS YOUR CHANCE!

Middle School Yearbook

Order between
March 1st - 31st

Orders can be placed
through March 31st!!
VERY LIMITED
numbers will be for
sale at the end of the
year!

Scan QR code or click on:

[Jostens Yearbook Orders](#)

To order your yearbook!



STUDENT OF THE MONTH

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

Grade 5

Ryker Haugland
Jaycie Hendrickson
Anna Hoch

Grade 6

Charli Dahl
William Hanson
Emerson Holst

Grade 7

Henry Bakkum
Landon Labus
Marissa Raab

Grade 8

Sammy Adams
Cameron Lueck
Evelyn Martin

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



Tuesday, March 14
WSMS BAND EXTRAVAGANZA

Location: WSMS GYM (NOT at the Heider Center)

Time: 7:00 p.m. (students report to the WSMS gym at 6:30pm)

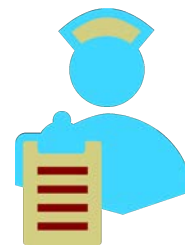
Who's Performing: West Salem Middle School Jazz Ensemble, 6th, 7th, & 8th Grade band students and over 200 musicians performing two selections together

Dear Parent/Guardian:

We are already excited for the 2023-2024 school year! Please note that there have been changes to the immunization requirements effective for the 2023-2034 school year.

Compliance is required by the 30th day of school. Compliance means that the immunization has been administered or a signed personal or religious waiver has been submitted.

The Wisconsin Student Immunization Law requires students starting grades K-6th grade during the 2023-2024 school year to have the below list of vaccines, or a waiver on file. (Many students received these prior to entering Kindergarten).



- **4 DTP** – diphtheria, tetanus, pertussis (whooping cough) one dose must be received on or after the fourth birthday (4 days or less before fourth birthday is acceptable). If a student receives the 3rd dose after their 4th birthday a fourth dose is not required.
- **4 Polio** - If a student receives the 3rd dose after their 4th birthday a fourth dose is not required (4 days or less before fourth birthday is acceptable).
- **2 MMR** –Measles, mumps, rubella (German measles) the first dose must be received on or after the first birthday. Lab evidence of immunity is also acceptable.
- **3 Hepatitis B** - Lab evidence of immunity is also acceptable.
- **2 Varicella** – Chicken pox. Chickenpox disease history verified by a qualified healthcare provider (parent-reported cases are no longer accepted) or evidence of lab immunity is also acceptable.

The Wisconsin Student Immunization Law requires students entering 7th grade during the 2023-2024 school year to have the below list of vaccines, or a waiver on file (many of you took care of the Tdap already as your student entered 6th grade, as this used to be the recommendation for Tdap.):

- **1-Tdap** - an adolescent tetanus, diphtheria, and acellular pertussis combination vaccine. If a student received a dose of tetanus-containing vaccine, such as Td, within five years before entering 6th grade, the student is compliant and a Tdap is not required.
- **1-MenACWY**-Containing vaccine (Added to prevent outbreaks of meningitis disease in Wisconsin schools).

The Wisconsin Immunization Law requires students entering 12th grade during the 2023-2024 school year to have the following vaccine, or a waiver on file:

- **2 MenACWY**- containing booster (unless the first vaccine was given at age 16 or after, then a booster is not required and only one vaccine is required). (Added to prevent outbreaks of meningitis disease in Wisconsin schools)

At this time, students entering grades 8-11 during the 2023-2024 school year will not be affected and will not be required to have documentation of MenACWY.

The school will need a record of all the immunizations your student has received if they were received outside of Wisconsin. A Student Immunization Record/Waiver Form will be available from the school for you to fill out. It is also available [online](#). If you are vaccinating your student, you are encouraged to make this appointment as soon as possible to avoid the late summer rush at vaccination clinics. Vaccines are available through your regular clinic. Some vaccines are available through the La Crosse County Health Department. Dial 211 for help finding additional clinic locations and for information on the Vaccines for Children program providing no or low-cost vaccines for those that are eligible.

We look forward to serving your student!

In partnership,

Kate Brohmer RN, BSN
West Salem District School Nurse
brohmer.kate@wsalem.k12.wi.us
(608) 451-1185

School Events

March 3 - Trimester 2 Ends

March 14 - WSMS Band Extravaganza (see page 3 above for details)

March 16 - Odyssey of the Mind MS/HS Parent Night 5:30-7:00/MS Front Gym

March 17 - NO SCHOOL

March 20 - NO SCHOOL (makeup snow day)

April 7 - NO SCHOOL

April 10 - NO SCHOOL

April 11 - NO SCHOOL (makeup snow day)



Counselor's Corner

It just so happened that the one burst of cold was to be on the day we were supposed to go on our annual Winter Wellness outing followed by the "threat" of warm weather, made us a little nervous about it happening at all. By the time you read this newsletter, we will hopefully have had 'the luck of the Irish' on our side and have been able to enjoy and rejuvenate from this worthwhile event! In homeroom, we will finish up our lessons on patience. A valuable habit/skill that will benefit us throughout our lives. It is important to remember (and practice) the words of St. Francis de Sales...Have patience with all things, but first of all with yourself." Later in the month we will focus our lessons on 'gratitude' and 'the mind' (reason, emotion, and wise -- the 'balance' between reason and emotion).

The Wisconsin Forward Exam window is quickly approaching

Grade 5 = March 23-27

Grade 6 = April 14-17

Grade 7 = April 6-9

Grade 8 = April 20-24

More information will be coming regarding these tests.

Spanish - Sra. Kirchner

Finally, we are starting our last trimester! February was an amazing month for our Spanish projects. We made a 7th grade collaboration with our partner school in Barcelona. Students enjoyed it every minute and got to learn a lot!

This new trimester is coming strong with really amazing activities and new learning opportunities for our students that haven't had any Spanish yet this year!

Some of our 8th grade students are getting ready to graduate on their Level 1 of Spanish at the end of this year and putting a lot of effort into becoming a level 2 next year in High School! We are so proud of them!

Let's see what March brings to us!

Sra. Kirchner

Healthy Living - Brewer, Olson, Serres

The Healthy Living team has recently welcomed clinical students from UWL and they have done a great job incorporating our national PE/Health standards into their teaching! We are looking forward to warmer weather so we can start to move outside and enjoy the great outdoors. Please continue to remind your students about bringing appropriate footwear for our class.

STEM - Mr. Jones

During the month of March, the students will apply their knowledge from the paper bridge challenge to build a truss bridge using toothpicks and glue. They have a great start and are having fun doing so! Once we build our toothpick bridges, we are going to test them to see how much weight our designs can hold. This should be a fun, friendly competition to see which group can design a bridge that holds the most weight.

Tech Ed - Mr. Shrake

We are wrapping up the month and trimester by finishing our major wood projects in 7th and 8th Grade. 7th grade students have been working on the construction of their wooden gumball machines and have learned how to use all of the machines in the shop as well as learned finishing techniques such as profiling, sanding, and staining. The 8th graders are wrapping up a new project, which is the construction of LED Acrylic Signs. During this project we have had to build on our wood shop knowledge, as well as learn some new skills. The first new skill was soldering, as students wired their own light switches to an LED strip and back to a 5v USB power plug. They also started working with a new material for them, called acrylic, and free cut their designs using the computer and laser engraver.



Art - Mrs. Hemker



Grade 5

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

Grade 6

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

Grade 7

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

Grade 8

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

8th Grade Elective

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

The State Qualifiers for Youth Art Month 2023

Ava J., Paige H., and Sammy B. will have their art on display for Youth Art Month in Madison in March. Each art teacher in the state of Wisconsin is invited to submit up to 5 pieces of art to the regional exhibit, and up to 3 of them can move on to the state level. We congratulate these students for moving on and wish them luck at state!





Math: Students are continuing to work with whole numbers and decimal operations. After we wrap up multiplying, students will switch their focus to division. This unit will include long division with multi-digit divisors and decimal numbers! Keep working on those multiplication and division facts at home.

Reading: All classes will be wrapping up the R.A.C.E. strategy to answer questions about both fiction and nonfiction text. They will start a Historical Fiction unit and eventually be put into American Revolution book clubs.

Writing: Students just completed their DARE project and will continue to present the first week of March. During March, students will brush up on test-taking skills and work on letter writing. They will choose a famous author and write a letter to him or her.

Social Studies: We are wrapping up our early colonies unit. Learning about the 13 colonies will prepare the students as we move into the American Revolution. Students have also started mapping the regions of the United States. New England and Middle Atlantic maps are already complete. *Keep practicing those states and capitals! There are Apps on iPads to study states!*

Science: A new trimester brings forth a new science unit. We will be learning about the four Earth systems: hydrosphere, atmosphere, geosphere, and biosphere. As we learn about these systems, we will also explore how each system interacts with one another, and how the biosphere could not exist without the other three.



Reading - Mrs. Schultz



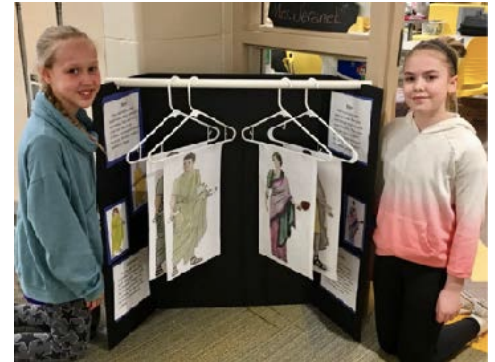
In March we will be wrapping up our Social Issues unit surrounding the Civil Rights Era. Many students had the opportunity to read all 10 of the Civil Rights novel options and some even choose to continue reading the novels during free read time! We also will be working with the suffixes -ology and -phobia, which are always fun and interesting for students. Students will have FREE READ time again at the end of the month. This is independent reading where students can choose any book they want to read for enjoyment.

Our next area of study will take on similar social issues, looking at them with a global perspective. Students will choose a Human Rights topic and conduct some intense research on this, which will be used for their final product for English class with Mrs. Buisman. While researching, students will use a variety of non-fiction reading strategies when delving into their different resources. They will begin in hardcopy sources, which will be the basis of their information so they can decipher what information on the internet is valid and what isn't.

Happy Reading! - Mrs. Schultz

Social Studies - Mrs. Jeranek

During the later part of March, we will study the Romans. Throughout the Roman Unit, we will use various text structure graphic organizers to learn the many ways Romans lived, role of citizens and important achievements in technology that we still have today! The second part of the unit will be a research opportunity. Students will use graphic organizers to inquisitively gather information through multiple sources to explore their topic of choice. Also, students will use their creativity to display their findings! It is also a wonderful way to take a break from the normal Social Studies textbook learning! Off to Rome we go!!



Regular Math with Mrs. Alo and Mrs. Jehn

During the month of March students will work in Chapter 7 which covers geometry topics 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

We completed the 6th grade textbook! March brings us into the 7th grade textbook and Chapters A and B during which students will learn the integer rules using them to add, subtract, multiply, and divide integers and rational numbers. These chapters are a bit like elementary school when students first encountered fast facts because they will need to make time to do some fast fact practice on their own at home to be successful.



Meet Us in the Middle





English - Mrs. Buisman

In 6th grade English, students will continue to prepare for our informational writing unit as we learn and practice text structures and text features. Students will continue practicing singular/plural nouns and well as learn more about possessive nouns.

Science - Mrs. Jarosh

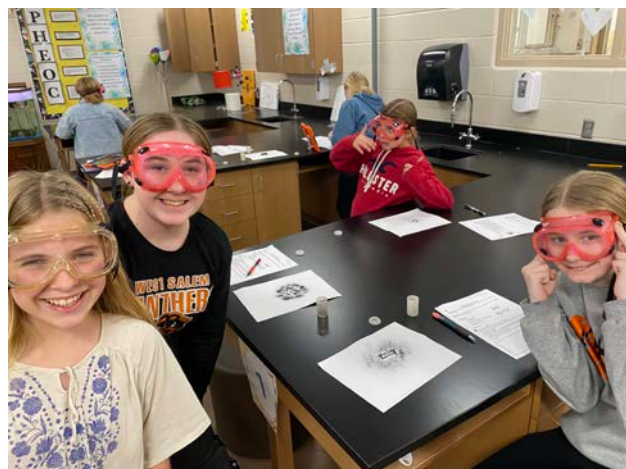
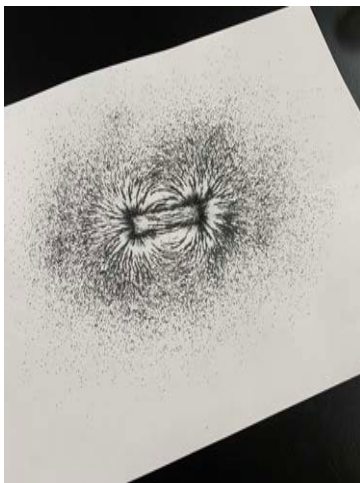
Magnetism and Electricity

Learning Targets:

PI.3 Conduct an investigation to provide evidence that fields exist between objects exerting forces on each other even though the objects are not in contact.

Q.2 Ask questions about data to determine the factors that affect the strength of the electric and magnetic forces

We will be reading and exploring magnetism over the next few weeks. Students will have the opportunity to pull iron out of cereal!





Reading - Mrs. Rochester and 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 March 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). Word work will continue to include learning roots and spelling words.

We will be practicing/preparing for the state test.

We will also be creating a One-Pager for the dystopian novel. This project will focus on theme, symbolism, character traits, setting, and conflict.

Reading: In March, students will be reading a choice book as we finish up the project for the dystopian book.

Science - Mr. Baker

We ended February by heading out to the school forest for some winter ecology activities. Students learned about wolves, experimented with insulation, went snowshoeing, and hunted prey animals with scent only! In class we have been having fun finishing up genetics and writing secret messages using DNA! March will now be a month for evolution and classification. We will start taking a look at all the different types of animals and what adaptations they need to survive.

Social Studies - Mr. Mahlum

For the month of March, in 7th grade Social Studies, we will wrap up our unit on the three branches of government. We will take a closer look at the Judicial Branch and the jobs and responsibilities of those who sit on the high court. Students will get a chance to pick a Supreme Court case and do a little bit of research regarding the importance of that case in our country.



GRADE 8

newsletter



MARCH EDITION

ELA- Mrs. Meyer & Ms. Sackett

The 8th graders just finished their research papers. They should be proud of the effort they put in the last few months researching and writing these papers, and we all agree that it feels good to be done. Before we start our next big unit, we are going to spend some time with poetry. We will learn to analyze poetry and will even spend some time writing our own poems. Students are back to reading a choice book for their STRAW reading time which gives them material for their journal writes. We continue to work on compound and complex sentences with the end goal of using these correctly and consistently in their writing.

SOCIAL STUDIES- Ms. Morgan

March brings our 8th-grade exploration of U.S. history to the growth of our nation and the challenges that this created. We will investigate Lewis and Clark, the physical movement of Americans into the newly acquired western lands, and the conflicts which arose from this growth. Additionally, we will look at tribal sovereignty in Wisconsin which is mandated by Act 31.

Want to know more about Act 31 and Wisconsin tribes? Check out these websites:

[Why Wisconsin Schools Teach Native History and Culture](#)

[The Ways](#)

[Wisconsin First Nations](#)

Our learning targets for March include:

- 8.GN.1: Critique the Indian Removal Act and its impact on Native American Tribes
- 8.GN.2: Compare the larger national narrative of the Indian Removal Act with events going on here in Wisconsin
- 8.GN.3: Analyze how the effects of the Indian Removal era still impact tribes, both nationally and in the state, today
- 8.GN.4: Summarize the challenges and rewards to both individuals and the country as a whole created by a desire to move west



ALGEBRA- Mrs. Coe

The students finished up Polynomial Equations and Factoring in February and will begin Unit 8 on Graphing Quadratic Functions. We competed in the Regional Mathcounts Competition in February and 7 out of our 12 competitors are moving on to state!. We will compete on March 4th in Sheboygan. Send good luck wishes to all of our competitors!

The learning targets for Unit 7:

- 8.1: Graph and describe fcns of the form $f(x)=ax^2$.
- 8.2: Graph and describe fcns of the form $f(x)=ax^2+c$.
- 8.3: Graph and describe fcns of the form $f(x)=ax^2+bx +c$.
- 8.4: Graph and describe fcns of the form $f(x)=a(x-h)^2+k$.
- 8.5: Graph and use fcns in intercept form.
- 8.6: Compare the characteristics of linear, exponential, and quadratic fcns

MATH 8- Mrs. Coe & Mrs. Snook

We finished up our Data Analysis and Displays unit in February and started Unit 8 on Exponents and Scientific Notation.

The learning targets for Unit 8:

- 8.1: Use exponents to write and evaluate expressions.
- 8.2: Generate equivalent expressions involving products of powers.
- 8.3: Generate equivalent expressions involving quotients of powers.
- 8.4: Understand the concepts of zero and negative exponents.
- 8.6: Understand the concept of scientific notation.
- 8.7: Perform operations with numbers written in scientific notation.



SCIENCE- Ms. Smith- Waller

We are finishing up our study of Earth's History. 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. We will begin by looking specifically at the Earth-moon-sun system and how those objects interact with each other. Our first focus will be the phases of the moon. We will complete a few activities demonstrating how the phases change and why we see what we see.

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.



2023 REGIONAL MATHCOUNTS NEWS!

The regional Mathcounts competition was held in Onalaska on Friday, February 3. There were 76 competitors representing 10 different schools. The schools competing were Wauzeka-Steuben, Hillsboro, Holmen, Rural Virtual Academy, Onalaska Middle School, Providence Academy, Richland, Viroqua, N-Gage Academy and West Salem Middle School.

Students competed as individuals and as teams. West Salem's individual results were as follows: Michiah Smith- 39th place, Raegan Hall- 22nd place, Colin Holst, Evan Berra and Aidric Schmitz all tied for 13th place, Josiah Wolbrink- 10th place, Tula Mitchell- 8th place, Evie Weber- 7th place, Alicia Zarecki- 6th place, Henri Schlecht- 5th place, Isaiah Laack- 3rd place and Sammy Adams- 2nd place. West Salem's team of Sammy Adams, Tula Mitchell, Isaiah Laack and Evie Weber placed first overall!!

Mathcounts is a national program designed to promote excellence in math and science in grades 6-8. Mathcounts allows students to improve their problem solving skills. Adams, Laack, Weber, Mitchell, Schlecht, Zarecki and Wolbrink advanced to the state competition in Sheboygan on March 4th. Good luck everyone!! West Salem coaches are Amber Coe and Sarah Weber.



"Meet Us in the Middle"



Activities to Support Reading at Home

Your child should read at least 20 minutes outside of school to maintain or increase their reading abilities. Research has shown that the best way to develop strong readers is to have them read more, with books at their level that are interesting to them. Let your child choose what to read within these guidelines.

The following are some suggestions for how to support reading at home:

- Have discussions about the current classroom novel or their independent reading book. Find out your student's opinions of them and what he/she think may happen as they continue to read. Revisit this discussion days later.
- Encourage your child to read to a younger sibling, a pet, or to you!
- Expose your child to sophisticated vocabulary. This will assist with understanding vocabulary he/she may encounter in their independent reading. Explain any challenging words you use.
- Subscribe to magazines that will interest your child.
- Read the newspaper together. Discuss interesting articles or editorials.
- Take your child to the public library. Check out books together. Check out audio versions of difficult text to follow along with. Read a book that was made into a movie and watch the movie together as a reward for finishing the book. Discuss similarities and differences.
- Find a book to read together. Read it aloud or individually, but stop every once in a while to discuss the text and see if your child has any questions or confusions to clear up.
- Listen to books in the car.
- Limit the amount of time spent watching TV and playing video games.
- Provide time and space for your child to read. Children love converting closets or corners of rooms into reading nooks with bean bags and reading lights!
- When out and about, have your student read aloud information. For example, at restaurants have your student read the descriptions of menu items. At a museum have him or her read the information available for the different exhibits. Pick up brochures for upcoming trips, and let your student read it to the family in preparation.
- Make reading fun and enjoyable!

HARVEST OF THE MONTH NEWSLETTER MARCH 2023



Greens are the Harvest of the Month!

Add greens to your favorite family meals:

- Add fresh spinach to your smoothie.
- Use fresh or frozen spinach in lasagna, casseroles, or soups.
- Saute Swiss chard with garlic and add to eggs or top a pizza.

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

Select – Look for greens that are a deep green color and have crisp leaves.

Store – Refrigerate in a plastic bag for 3-5 days.

Prepare – Rinse, then tear or chop the leaves.

Did you know?

“Super green” refers to dark green vegetables that contain extra amounts of key nutrients like vitamins A and C, potassium, and dietary fiber. These dark green vegetables are important to eat often to grow and stay healthy. Try a variety of “super green” vegetables including spinach, Swiss chard, kale, collard greens, romaine lettuce, watercress, bok choy, and mustard greens.



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

Skillet Lasagna Serves 8

- 1½ pound ground beef or turkey
- 3 cups low sodium tomato sauce
- 1 ½ tsp oregano
- 1 ½ tsp basil
- 2 tsp garlic powder
- 1 tsp salt
- ¼ tsp pepper
- 1 cup water
- 8 ounces whole wheat wide egg noodles
- 1 (10-ounce) package chopped frozen spinach, thawed or 1 1/2 lbs fresh spinach
- 1 (12-ounce) container low-fat cottage cheese
- 1/2 cup (4 ounces) shredded mozzarella cheese

*may substitute spaghetti sauce for tomato sauce and omit seasonings or add to taste

Directions:

Wash hands. Brown ground beef. Drain, and return to skillet. Add sauce, spices, water, and bring to a boil. Add uncooked noodles, stir, cover with lid, cook 5 minutes on low heat. Squeeze the thawed spinach with clean hands to remove the liquid, stir into the pan. Cover and simmer 5 minutes. Spoon cottage cheese, sprinkle with mozzarella cheese, cover and cook another 5 to 10 minutes until noodles are tender. (if substituting type of pasta, cooking time will be approximately 10 minutes longer).

Per serving: 295 calories, 6g fat, 23g protein, 39g carbohydrate, 4g fiber, 1009mg sodium

Source: laxf2s.org



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, Gundersen Health System, and the School Districts of Bangor, LaCrescent-Hokah, Holmen, LaCrosse, Onalaska, and West Salem.

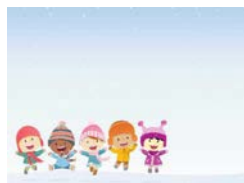
March 2023

West Salem Middle School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		From the Grill <ul style="list-style-type: none"> Breaded Chicken Patty Sandwich on WG Bun Peas & Carrots Home Style <ul style="list-style-type: none"> Cheese Pizza Peas & Carrots Deli Line <ul style="list-style-type: none"> Ham & Cheese Wrap Cottage Cheese Grab and Go <ul style="list-style-type: none"> Panther YOGURT Pack Panther PBJ Pack 	From the Grill <ul style="list-style-type: none"> Pasta with Meatballs in Marinara Garlic Breadstick California Blend Vegetables Home Style <ul style="list-style-type: none"> Pasta with Marinara Sauce Garlic Breadstick California Blend Vegetables Deli Line <ul style="list-style-type: none"> Turkey and Swiss on WG Croissant Chicken Noodle Soup Grab and Go <ul style="list-style-type: none"> Panther YOGURT Pack Panther PBJ Pack 	From the Grill <ul style="list-style-type: none"> Mini Corn Dogs Green Beans Home Style <ul style="list-style-type: none"> Golden Crunchy Fish Sticks and Goldfish Crackers Green Beans Deli Line <ul style="list-style-type: none"> Ham, Salami & Provolone Cheese Sub Broccoli Cheese Soup Grab and Go <ul style="list-style-type: none"> Panther YOGURT Pack Panther PBJ Pack
6	7	8	9	10
From the Grill <ul style="list-style-type: none"> Chicken Patty - Hot and Spicy Whole Grain Bun Baked Sweet Potato Crinkle Fries Home Style <ul style="list-style-type: none"> Breaded Chicken Patty Sandwich on WG Bun Baked Sweet Potato Crinkle Fries Deli Line <ul style="list-style-type: none"> Chicken Bacon Ranch Wrap White Chicken Chili Grab and Go <ul style="list-style-type: none"> Panther YOGURT Pack Panther PBJ Pack 	From the Grill <ul style="list-style-type: none"> Chicken and Cheese Quesadilla Street Corn Salsa Home Style <ul style="list-style-type: none"> Pork Taco on Soft Shell Tortilla Street Corn Salsa Taco Topping Bar Deli Line <ul style="list-style-type: none"> Ham & Swiss on WG Croissant Baked Scoop Chips and Salsa Grab and Go <ul style="list-style-type: none"> Panther YOGURT Pack Panther PBJ Pack 	From the Grill <ul style="list-style-type: none"> Chicken and Waffles - Chicken Tenders served with Belgian Waffles Whole Kernel Sweet Corn Home Style <ul style="list-style-type: none"> Chicken and Waffles - Chicken Tenders served with Belgian Waffles Whole Kernel Sweet Corn Deli Line <ul style="list-style-type: none"> Garden Salad with Choice of Meat/Yogurt/Cottage Cheese Creamy Chicken Pot Pie Soup Grab and Go <ul style="list-style-type: none"> Panther YOGURT Pack Panther PBJ Pack 	Sweet Treat Thursday! <ul style="list-style-type: none"> Pudding From the Grill <ul style="list-style-type: none"> Sausage Pizza Green Beans Home Style <ul style="list-style-type: none"> Homemade Sloppy Joe on WG Bun Green Beans Deli Line <ul style="list-style-type: none"> Turkey BLT on White Wheat Sandwich Bread Sliced Apples with Caramel Cup Grab and Go <ul style="list-style-type: none"> Panther YOGURT Pack Panther PBJ Pack 	From the Grill <ul style="list-style-type: none"> Corn Dog Mixed Vegetables Home Style <ul style="list-style-type: none"> Mozzarella Stuffed Breadstick with Marinara Dipping Cup Mixed Vegetables Deli Line <ul style="list-style-type: none"> Ham & Cheese Sub Vegetable Beef Soup Grab and Go <ul style="list-style-type: none"> Panther YOGURT Pack Panther PBJ Pack
13	14	15	16	17
From the Grill <ul style="list-style-type: none"> (Cheese) Hamburger on WG Bun Potato Smiles Home Style <ul style="list-style-type: none"> BBQ Rib Sandwich Potato Smiles Deli Line <ul style="list-style-type: none"> Southwest Chicken Salad Corn Bread Muffin Grab and Go <ul style="list-style-type: none"> Panther YOGURT Pack Panther PBJ Pack 	Home Style <ul style="list-style-type: none"> Saucy Orange Popcorn Chicken Seasoned Brown Rice Whole Kernel Sweet Corn From the Grill <ul style="list-style-type: none"> Popcorn Chicken Seasoned Brown Rice Whole Kernel Sweet Corn Deli Line <ul style="list-style-type: none"> Chicken Caesar Wrap Cheeze-It Crackers Grab and Go <ul style="list-style-type: none"> Panther YOGURT Pack Panther PBJ Pack 	From the Grill <ul style="list-style-type: none"> Pepperoni Pizza Roasted Potato Fusion Home Style <ul style="list-style-type: none"> Meatball Marinara Sub Roasted Potato Fusion Deli Line <ul style="list-style-type: none"> Grilled Cheese Creamy Tomato Soup Grab and Go <ul style="list-style-type: none"> Panther YOGURT Pack Panther PBJ Pack 	From the Grill <ul style="list-style-type: none"> Three Cheese Calzone Garlic Breadstick Roasted Broccoli Home Style <ul style="list-style-type: none"> Pasta with Chicken Alfredo Garlic Breadstick Roasted Broccoli Deli Line <ul style="list-style-type: none"> Turkey Club Wrap Simply Chex - Cheddar Grab and Go <ul style="list-style-type: none"> Panther YOGURT Pack Panther PBJ Pack 	No School



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Snow Day

21**From the Grill**

- Diced Chicken & Gravy with Buttermilk Biscuit
- Mashed Potatoes

Home Style

- Meatballs & Gravy with Buttermilk Biscuit
- Mashed Potatoes

Deli Line

- Turkey and Swiss on WG Sandwich Bread
- Cottage Cheese

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

22**From the Grill**

- (Cheese) Hamburger on WG Bun
- Garlic Roasted Green Beans

Home Style

- Breaded Chicken Patty Sandwich on WG Bun
- Garlic Roasted Green Beans

Deli Line

- Garden Salad with Choice of Meat/Yogurt/Cottage Cheese
- White Chicken Chili

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

23**Sweet Treat Thursday!**

- 100% Fruit Juice Slushy

From the Grill

- **Classic Lasagna** with Spinach Garlic Breadstick
- Cooked Carrots

Home Style

- Orange Chicken Seasoned Brown Rice
- Cooked Carrots

Deli Line

- Crispy Chicken Wrap
- Goldfish Crackers

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

24**From the Grill**

- Bakalar's Hot Dog on WG Bun
- Mac n' Cheese

Home Style

- Bratwurst on a Bun
- Mac n' Cheese

Deli Line

- Ham & Cheese Wrap
- Broccoli Cheese Soup

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

27**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

28**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

29**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

30**Sweet Treat Thursday!**

- Ice Cream Sandwich

From the Grill

- Chicken Nuggets with Cheez-It Crackers Mein Noodles
- Steamed Broccoli

Home Style

- Chicken Teriyaki Mein Noodles
- Steamed Broccoli

Deli Line

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

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

31**From the Grill**

- **Pepperoni Pizza**
- 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

Menu likely to change based on product availability.

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