

PANTHER POST



WEST SALEM MIDDLE SCHOOL
BEN WOPAT, PRINCIPAL
AMANDA BELD, ASSOCIATE PRINCIPAL



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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 22 at 7pm in the Heider Auditorium. 8th Graders **are** expected to attend school the following day, May 23. We will be wrapping up instruction, handing out yearbooks, collecting iPads/chargers, & maybe having a little fun as well! May 26 – 30 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 19- 23. 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 attending the OEC on May 28 and going to Jellystone on May 29. 5th Grade takes a ride on the LaCrosse Queen May 20 or May 21 and enjoys a picnic at Vets Park on May 30. In addition, all grades have spring and band performances. Dates and times can be found on page 5. 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 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](https://twitter.com/coachwopat)

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WEST SALEM
MIDDLE SCHOOL

CALENDAR OF EVENTS

TRACK AND FIELD

DATE	TIME	SITE	PARTICIPATING SCHOOLS
MAY 1	4:30PM	PAUL GIEL FIELD	WINONA, HOLMEN
MAY 6	4:30PM	TOMAH HIGH	TOMAH, HOLMEN, ONALASKA
MAY 12	4:30PM	WEST SALEM	LONGFELLOW, TOMAH
MAY 16	4:30PM	SPARTA HIGH	CONFERENCE

SOFTBALL

DATE	TIME	SITE	OPPONENT
MAY 1	4:30PM	VIROQUA HIGH SCHOOL	VIROQUA
MAY 6	4:15PM	SPARTA MEADOWVIEW	SPARTA
MAY 8	4:15PM	WEST SALEM JV SOFTBALL	TOMAH
MAY 13	4:15PM	HOLMEN MIDDLE SCHOOL	HOLMEN
MAY 15	4:15PM	WEST SALEM JV SOFTBALL	WESTBY
MAY 20	4:15PM	WEST SALEM HIGH SCHOOL	VIROQUA

ALL SOFTBALL GAMES WILL BE PLAYED 7TH GRADE FIRST, FOLLOWED BY 8TH GRADE

SCHOOL EVENTS

MAY 7	EARLY RELEASE - STUDENTS DISMISSED AT 12:20PM, BUSES DEPART AT
MAY 13	12:30PM
MAY 15	6TH & 7TH BAND & CHOIR CONCERT - MORE DETAILS TO COME
MAY 19-23	STEM SCIENCE FAIR
MAY 20	7TH GRADE OEC CAMPOUT - MORE DETAILS TO COME
MAY 20 & 21	8TH GRADE BAND & CHOIR CONCERT
MAY 22	5TH GRADE LA CROSSE QUEEN TRIP - MORE DETAILS TO COME
MAY 26	8TH GRADE PROMOTION
MAY 26-31	NO SCHOOL - MEMORIAL DAY
MAY 28	8TH GRADE WASHINGTON DC TRIP
MAY 29	6TH GRADE OEC TRIP - MORE DETAILS TO COME
MAY 30	6TH GRADE JELLYSTONE TRIP - MORE DETAILS TO COME
	LAST DAY OF SCHOOL
	5TH GRADE TO VET'S PARK

2025-2026 SCHOOL YEAR

Make sure to check the June and August West Salem Middle School newsletters for important back to school information, including WEB Leader Training, 5th Grade Orientation, & Freshman orientation.

ASL *Wiffleball* SCHEDULE

TUES
04/01

4:00

At Logan High School

THU
04/03

4:15

At Central High School

TUES
04/08

4:15

VS Onalaska

THU
04/10

4:15

VS BRF *Non conference game*

TUES
04/15

4:15

VS Holmen

TUES
04/22

4:15

VS Logan *Senior night*

THU
04/24

4:15

At Onalaska High School

TUES
04/29

4:15

VS Central *Family night*

THU
05/01

4:15

At Holmen High School



STUDENT OF THE MONTH



Each month, teachers send nominations for Student of the Month. April's focus was Act Respectfully - Appropriate Use of School Facilities and Equipment. Below is a list of three students from each grade level that exemplified this focus. Mr. Wopat, Ms. Beld, Ms. Becker and Ms. Broughton notified parents of this accomplishment. Mr. Wopat and Ms. Beld met with them as a group and took individual and group photos.

GRADE 5

FAYE ANDERSON

NORA BOEHLKE

CAMDEN GULLICKSON



GRADE 7

CALVIN BARTELS

KENSIE KELLOGG

LIYA PATEL

GRADE 6

EASTON AHNEN

KENDALL BORNITZ

PAIGE DOVENBERG

GRADE 8

BRENNEN LOCKNANE

JAZMYN TABBERT

SOFIA WHITACRE

CONGRATULATIONS

for making a difference
in others lives!


We appreciate YOU!





MAY

CONCERT INFO



6TH GRADE CHOIR & BAND CONCERT
TUESDAY, MAY 13
6PM (5:30PM REPORT)
MARIE W. HEIDER CENTER FOR THE ARTS

7TH GRADE CHOIR & BAND CONCERT
TUESDAY, MAY 13
7:30PM (7PM REPORT)
MARIE W. HEIDER CENTER FOR THE ARTS

8TH GRADE CHOIR & BAND CONCERT
TUESDAY, MAY 20
7PM (6:30PM REPORT)
MARIE W. HEIDER CENTER FOR THE ARTS

ATTENDANCE REPORTING

Each day we are in school, it is important for us to have the most up-to-date attendance for our students. There are several ways to report absences for illness, appointments, vacations, etc:

We highly encourage you to **report any absences, appointments, or vacations by 8:00 a.m.** each day. Even if your child was sick the day before and will be out again, we still need to hear from you. If you are not in contact us, we then have to call each family that has not reported their child's absence, which can become very time-consuming.

You can call 608-786-2090, Option 2, and leave a message at any time of the day or night. You can leave all absence messages on this voicemail. You can even leave information that is scheduled weeks to months in advance. We keep a yearly spreadsheet with all absences that are reported to us.

You can email at msoffice@wsalem.k12.wi.us. The office will be able to update your child's attendance in Skyward and call you back if there are any questions.

While we understand that appointments are sometimes forgotten, **advanced notification** allows us to have your child ready for pickup in a timely manner.

Final reminder....if your child has an appointment with a medical professional, **please try your best to get a doctor's note** so that we can verify the time away from school. Students are allotted 10 absences per year, and these doctor's notes are used so that appointments are not counted in the 10-day total.

Our goal is to work side-by-side with families to ensure that all students are safe and accounted for each day!

5th Grade News!



Reading: Students will be finishing their poetry unit. Then moving to a mini unit on types of sources and point of view.

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

Social Studies: We will be wrapping up the events that lead to the American Revolution and the Declaration of Independence. The students will also be taking our last two U.S. states tests.

Science: The students have been learning about the different Earth systems (biosphere, hydrosphere, geosphere, atmosphere). They worked cooperatively to create mold terrariums. Each group chose something different to change in their mold terrarium so they could discover what speeds up mold growth, and what slows it down. We have also been learning about food chains and food webs! We will finish up the year looking at the hydrosphere and the geosphere.

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.

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.

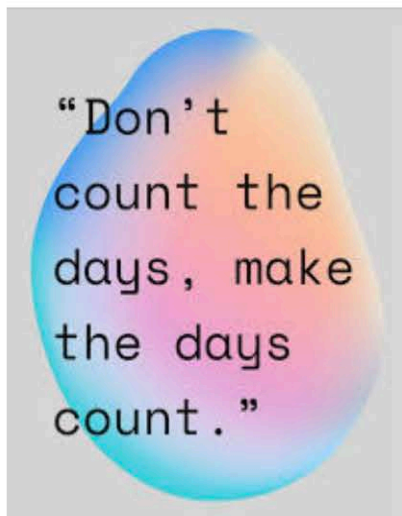
6th Grade News!

May 2025

Reading- Mrs. Schultz AND

English- Mrs. Buisman

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 May!



Math- Mrs. Alo and Mrs. Jehn

Students will complete Chapter 10, Data Displays, in May. The skills they gained in Chapter 9 are necessary for us to be able to complete Chapter 10 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.

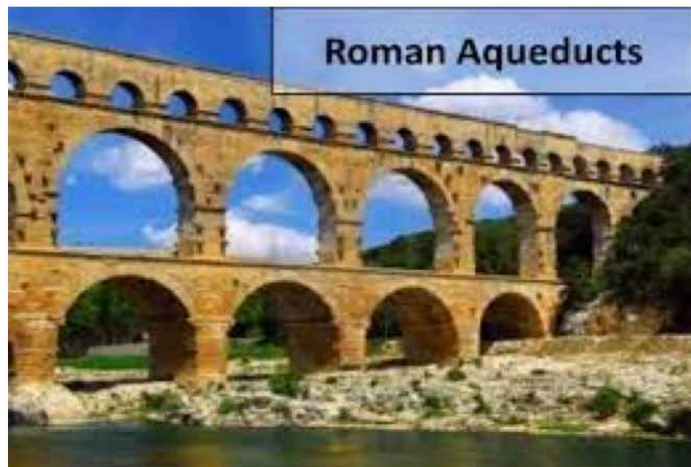
Advanced Math- Mrs. Jehn

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 tackling difficult problems requiring high level thinking skills. Next year they will be finishing the second half of the 7th grade book and 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.

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.

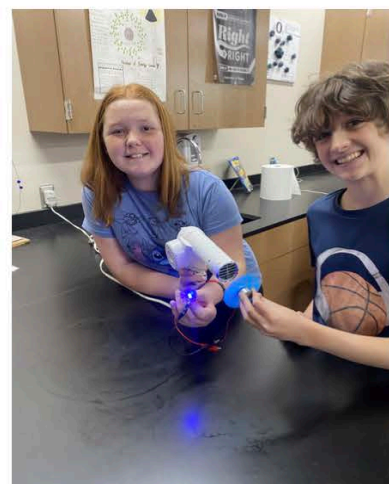
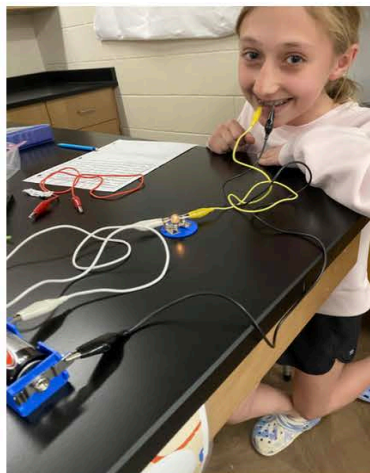
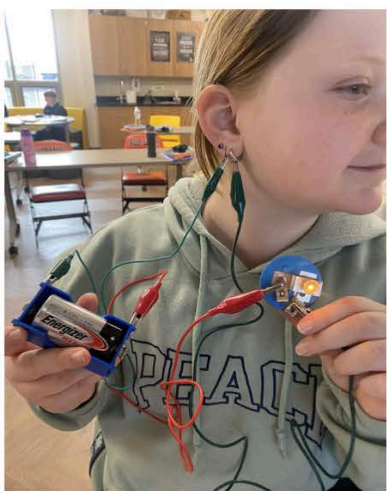
April took us through Rome's early years as a Republic and then into an expansive Empire. There were many emperors who impacted the Mediterranean Sea region in various ways.



This month will find us finishing Rome with exploring those emperors and the many 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!

Science- Mrs. Jarosh

Our 6th graders have been lighting up the classroom—literally! They've been exploring **conductors and insulators**, building **parallel and series circuits**, and even diving into calculations using **Ohm's Law**. It's been an electrifying experience, and these young scientists are powering through with confidence and curiosity!



Reminders:

- Students need headphones at school every day!
- Students need to bring a charged iPad to school each day.
- Gum is not allowed in 6th grade.
- If students are absent, they need to check Google Classroom and Homework Hotline and get themselves caught up.

*****We have enjoyed teaching your children!
We hope they were filled with new knowledge and
had a great year! Here's to the last month of 6th
grade! 😊**



7th Grade May Newsletter

ELA



Ms. Friell and Mrs. Rochester

Class Supplies: All students are required to have their binder and composition notebook. Both are left in the classroom to ensure they are never lost and are easily accessible. In addition, students should bring headphones and an independent book to class each day.

Lessons: Work to be turned in for a grade is posted on the homework hotline. 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. Word Work also includes learning roots and spelling words. Student have been reviewing and learning strategies to write paragraphs and summaries.

Reading: During the month of May, we will be reading *A Long Walk to Water* by Linda Sue Park. Students will be assessed on reading and writing learning targets as they read the novel. We will also continue reading short fiction and nonfiction pieces as they pertain to class topics.

Math



Mrs. Piersma and Mrs. Weber

Welcome Spring! We are only a few weeks away from finishing up our last unit in math. Where did the year go? We are finishing up our unit on circles and will finish with surface area and perimeter. During the week of the forest the kids will be making a polyhedron of their own. It is a fun way to wrap up our year.

Dates to Know



May 7- Early Release
Dismissal at 12:20

May 19-May 23- 7th Grade
School Forest Campout

May 26- No School
Memorial Day

May 30- Last Day of School

Tips/Helpful Links

PLEASE CHARGE YOUR IPAD EVERY NIGHT

[HOMEWORK HOTLINE](#)

Pre-Algebra

Mrs. Weber



We are finishing up our unit on exponents and scientific notation. Both of these can be challenging but are important for future math skills. We will finish the year learning about the pythagorean theorem. Enjoy the spring weather, hopefully it is here to stay.

Science Mr. Baker



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. In science we have been learning about classification of different organisms and groups of animals! We will be dissecting frogs and worms 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 ending the year with ecosystems.

Social Studies Mr. Mahlum



During the month of May, students in 7th grade Social Studies, will focus on finishing up the unit on Laws. Then, the last unit will be on Economics. Students will focus on the basics of our economy.

GRADE 8

newsletter



MAY EDITION

ELA- Mrs. Meyer & Ms. Sackett

May is an exciting month in 8th grade ELA! We will finish discussing our historical fiction books with our literature circles. We will also put final touches on our argument paragraph before moving on to our final unit of the year. At the end of April / 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 where we will focus on a specific historical event and take on an assigned point of view. In addition, we will continue to read daily and work on sentence variety. The final sentence assessment will be in the middle of the month. This has been a great year, and these students are ready for high school.

Targets assessed in May:

- **R.1** Make logical inferences from a text.
- **R.2** Cite textual evidence that strongly supports an analysis of a text.
- **R.3** Determine one or more central ideas and analyze their development over the course of the text.
- **R.4** Provide an objective summary of a text
- **S.1** Engage effectively in a range of collaborative discussions.
- **S.2** Analyze the purpose of information presented in diverse media and formats.
- **S.3** Evaluate the effectiveness of its presentation.
- **L.1** Correctly write compound sentences.
- **L.2** Correctly write complex sentences.
- **L.4** Demonstrate contextually appropriate use of the conventions of standardized English grammar and usage when writing or speaking.

SOCIAL STUDIES- Ms. Morgan

8th Grade Social Studies Spring Highlights: Podcasts, the Civil War, and the Capital!

By early May, our 8th graders will have wrapped up an exciting project: the Unheard Voices Podcast. These student-created podcasts explore powerful stories and perspectives that often go untold. If you have an 8th grader in your life, be sure to ask them for a listen—you won't want to miss the thoughtful work they've put into this project!

As we head into the final weeks of the school year, students will be taking a fast-paced tour through the Civil War, with a special focus on battles that involved soldiers from our region. We'll be spending extra time on the Battle of Gettysburg in preparation for the upcoming trip—over 90 of our students will be visiting the historic Gettysburg sites in late May.

For those heading to Washington, D.C., a few important reminders: Overnight field trip forms have already been distributed and must be returned by Friday, May 9. Luggage collection in the middle school commons will take place on Thursday, May 22, from 4:30–6:00 PM or before 7:45 AM on Friday, May 23.

The big departure for D.C. is set for Monday, May 26, with the gym doors opening at 6:00 AM and buses leaving promptly at 6:30 AM. The group is expected to return around noon on Saturday, May 31. We're proud of our 8th graders and all the learning adventures ahead. Stay tuned for more end-of-year updates!

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

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:

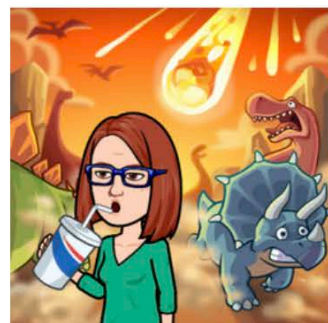
- 9.1: Use properties of radicals to write equivalent expressions.
- 9.2: Use graphs to solve quadratic equations and find zero of functions.
- 9.3: Solve quadratic equations using square roots.
- 9.4: Solve quadratic equations and find max and min values of quadratic fcn's by completing the square.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

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). If there is any time remaining after our unit on Earth's History, we will learn a little about how to identify minerals and rocks. I want to thank the students and parents for being so understanding and compassionate this year. Have a great summer and good luck at the high school!

Essential Learning Outcomes:

- EH4-1: Show understanding that rock strata and the fossil record can be used to organize the relative occurrence of major historical events in Earth's history
- EH4-2: Show understanding that the fossil record documents the existence, diversity, extinction, and change of many life forms throughout history



Art+ News

Wrapping up the year in art

As we finish our time in art, all grades are starting May with clay (or are finishing their clay). Hopefully all grades will have a day or two of "Plein Air Drawing" with a day or two outside. You can expect the bulk of their artwork to come home the week of May 19th.

h. Youth Art Month in Madison

featured to the right is Chloe S. who had artwork at the state level in Madison in March. We congratulate her, Aubriella H., and Oli D. on their achievement.

For more photos of district art:

You can follow the district facebook and/or instagram, the West Salem Art Department facebook and the district webpage.



Local Summer Art Opportunities

Pump House Regional Arts Center

LaCrosse Clay Center

The Art Room Bangor

All Glazed Up

Summer School



students place stepping stones (an all school art project), mulch and pick up trash on our community clean up day



STEM AND ROBOTICS

MAY 2025
MR. JONES

STEM AND ROBOTICS CLASSES

6th Grade STEM: Designing Toothpick Bridges

7th Grade STEM: Building 3D Puzzle Cubes

8th Grade STEM: Making Cardboard Pinball Machines

Robotics: Using optical sensors to sense color and distance



MR. JONES' PANTHER TIMES

6th Grade: Designing House Plans on Computer

7th Grade: Beginning Building of Cardboard Boats

8th Grade: Toothpick Bridges



SUMMER'S ALMOST HERE!

HEALTHY LIVING

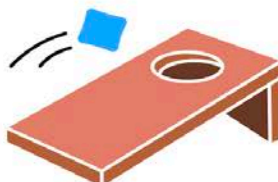


WARM WEATHER

We will be outside as much as possible so please make sure your children are prepared with proper clothing and footwear.

YARD GAMES

We will be continuing our yard games focus as we close out our school year. Ask your children about the games we've been playing!



CYCLING

Our 7th and 8th Grade students will be cycling if the weather cooperates.



LOCKER CLEAN OUT

If your child has a PE locker, we will need them to turn in their locks before the end of the year. Any missing locks will be replaced and you will get a bill.



THANK YOU!

We had a great year with your children and look forward to seeing how much they grow over the summer!

PANTHER TIME AND SPANISH

with Señor Hinman



5th Grade Panther Time

For May, we are in the midst of our last Panther Time rotation for the year. As with the other rotations, we will be covering Spanish enrichment activities for learning greetings and farewells, the Spanish alphabet and the numbers 0-100.

6th Grade Panther Time

In Panther Time for the 6th grade group, we finished up our units on the calendar and time-telling and are now moving on with our units on weather/seasons and colors. Then to finish up the year will be doing a review of Spanish from this year's units as well as last year's.

7th & 8th Grade Panther Time

For the 7th grade Panther Time class, I have taken over for Mr. Baker to head one of the iReady classes. We will be doing this till the end of the year. For 8th grade PT, we will be learning about some of the cultural aspects related to Asia, a little bit about the Middle East, and a bit of Africa. Even as some students will be heading off on the D.C. trip, we will still finish doing these.

7th Grade Spanish

Our Cinco de mayo fiestas went well - thank you parents! Lately, we have been doing a unit on grammar - verb conjugations. We will also be finishing up our book, Pobre Ana. And finally we will do a review of past units we've had thus far this year.

8th Grade Spanish

Our Cinco de mayo fiestas went well - thank you parents! Lately, we have been doing a unit on grammar - verb conjugations. We could also fit one more story in, or we could also do some basic introductory Spanish topics, or both.

MAY '25 LMC NEWS

COMING UP!

CREATIVE COMPUTING:

We will continue to work with Raspberry Pi computers and learn more about inputs, outputs and Python.

5TH GRADE LMC:

Kjos and Fantz's classes will begin learning about national parks with a short in-class research project. They'll be pairing this with some green screen photography to create scrapbook pages.

SUMMER CHECKOUT

GET READY FOR SUMMER CHECKOUT!

Summer checkout slips will be coming home around mid-May. If your child would like to check out books for the summer they must have a signed slip and all books returned!



WHAT DO I DO? I LOST A BOOK!

Lost or damaged books happen. If you need to replace an item, you have a few options.

1. Replace the book with a NEW copy of the same item purchased from Amazon or Barnes & Noble. (Paperback is fine!)
2. Purchase an item from the [WSMS LMC's wishlist](#) to donate to the LMC.
3. Write a check to West Salem Middle School for the replacement cost (or bring cash - exact amount) of the item and turn it in to the LMC.



SCAN FOR WSMS LMC WISHLIST

We prefer options #1 and #2, as they allow us to keep the books in circulation! They're usually cheaper for you, too!

Questions?
email:

dederich.lindsey@
wsalem.k12.wi.us

HARVEST OF THE MONTH NEWSLETTER MAY 2025



Sweet Peas are the Harvest of the Month!

Add sweet peas to your favorite family meals:

- Add fresh or frozen green peas to soup or pasta salad.
- Toss snow peas in a stir fry.
- Serve sugar snap peas with a healthy dip.

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

Select – Choose sugar snap peas that are bright green and firm.

Store – For the sweetest flavor, serve peas as soon as possible. Refrigerate in a perforated plastic bag and use within 2 days.

Prepare – Rinse and trim both ends.

Did you know?

Peas are seeds! There are three main kinds of peas that we eat: green (or garden) peas, sugar snap peas, and snow peas. With sugar snap peas and snow peas you can eat the whole pod!



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

**Check out
the video**



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

Pea Guacamole Serves 12

Ingredients:

- 2 cups frozen peas
- 2 tablespoons lime juice
- 1/2 cup grape tomatoes, halved
- 1/4 cup red onion, chopped
- 1 can green chilies, drained, diced (4 oz)
- 3 tablespoons cilantro (chopped)
- 1 clove Fresh garlic, minced
- 1/4 teaspoon black pepper
- salt (to taste, optional)

Directions:

Wash hands with soap and water. Cook peas according to package directions. Mash peas until smooth. Add the lime juice, tomato, onion, green chilies, cilantro, garlic, salt (if using), and black pepper. Mix well. Serve with an assortment of raw vegetables and whole-grain tortilla chips.

Per serving: 27 calories, 0g fat, 2g protein, 5g carbohydrate, 2g fiber, 57 mg sodium

Source: laxf2s.org



LA CROSSE COUNTY
Health Department
Nationally Accredited



MAYO CLINIC
HEALTH SYSTEM



GUNDERSEN
HEALTH SYSTEM



FOOD
WISE
Healthy choices. Healthy kids.
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.

May

Middle School

Middle Lunch 2024-25

			Lunch Entree 6" Round Cheese Pizza 6" Round Hawaiian Pizza Grilled Cheese Sandwich <i>With</i> Tomato Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Seasoned Cooked Broccoli Spring Mix Lettuce Blend Baby Carrots Hummus Fruit Mandarin Oranges Sliced Apples Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk	Lunch Entree 1 Mini Corn Dogs Alaskan Pollock Fish Sandwich on WG Bun Chicken Bacon Ranch Wrap <i>With</i> Cheddar Simply Chex Mix Panther PBJ Pack Panther YOGURT Pack Vegetables Spiral Fries Spring Mix Lettuce Blend Broccoli Florets Cucumber Slices Fruit Diced Peaches Applesauce Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk
Lunch Entree 5 Bakalar's Hot Dog on a WG Bun Brat on a WG Bun <i>Both With</i> Three Cheese Cavatappi (Mac & Cheese) Roast Beef and Provolone Sub <i>With</i> Vegetable Beef Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Spring Mix Lettuce Blend Baby Carrots Hummus Fruit Pineapple Tidbits Raisins Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk	Lunch Entree 6 Walking Taco on Fritos Bean and Cheese Burrito Ham & Swiss on WG Croissant <i>With</i> Tropical Fruit Panther PBJ Pack Panther YOGURT Pack Vegetables Garlic Seasoned Corn Taco Topping Bar Spring Mix Lettuce Blend Baby Carrots Celery Sticks Fruit Tropical Fruit Fresh Kiwi Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk	Lunch Entree 7 BBQ Chicken Teriyaki Sweet and Sour Chicken <i>Both With</i> Fortune Cookie Beef Snack Stick and String Cheese Charcuterie Box Panther PBJ Pack Panther YOGURT Pack Grains Seasoned Brown Rice Vegetables Stir Fry Vegetables Spring Mix Lettuce Blend Fresh Red and Yellow Pepper Strips Grape Tomatoes Fruit Fresh Banana Craisins, Cherry Craisins, Orange Craisins, Strawberry Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk	Sweet Treat Thursday! 8 Assorted Ice Cream Cup Lunch Entree 6" Round Pepperoni Pizza 6" Round Taco Pizza Ham & Cheese Wrap <i>With</i> Cottage Cheese Panther PBJ Pack Panther YOGURT Pack Vegetables Steamed Season Peas and Carrots Spring Mix Lettuce Blend Baby Carrots Hummus Fruit Mandarin Oranges Sliced Apples Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk	Lunch Entree 9 Garlic Mozzarella Cheese Twists with Marinara Dipping Cup BBQ Pulled Pork Sandwich on WG Bun Cuban Pork Flatbread Sandwich <i>With</i> Coleslaw Panther PBJ Pack Panther YOGURT Pack Vegetables Crinkle Cut Fries Spring Mix Lettuce Blend Broccoli Florets Cucumber Slices Fruit Diced Peaches Applesauce Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk

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Lunch Entree Breaded Chicken Patty on a WG Bun Hot & Spicy Breaded Chicken Patty on a WG Bun Ham, Turkey, and Cheddar Sub <i>With</i> Chicken and Wild Rice Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Waffle Fries Spring Mix Lettuce Blend Broccoli Florets Hummus Fruit Pineapple Tidbits Fresh Apple Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk	Lunch Entree French Toast Sticks with Colby Cheese Omelet French Toast Sticks with Sausage Links (2) <i>Both With</i> Syrup Chicken Caesar Wrap <i>With</i> Cheez It Crackers Panther PBJ Pack Panther YOGURT Pack Vegetables Spring Mix Lettuce Blend Cauliflower Florets Radishes Fruit Warm Cinnamon Apples Mandarin Oranges Strawberry Cup Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk	Lunch Entree Beef Meatballs and LS Gravy with Buttermilk Biscuit Diced Chicken and LS Gravy with Buttermilk Biscuit Hot Ham & Cheese Sandwich <i>With</i> Baked Potato Chips Panther PBJ Pack Panther YOGURT Pack Vegetables Mashed Potatoes Spring Mix Lettuce Blend Baby Carrots Cucumber Slices Fruit Diced Pears Fresh Banana Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk	Lunch Entree Stuffed Crust Pepperoni Pizza Stuffed Crust Cheese Pizza Garden Salad w/ Choice of Meat, Yogurt, Cottage Cheese <i>With</i> Minestrone Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Seasoned Cooked Broccoli Spring Mix Lettuce Blend Broccoli Florets Hummus Fruit Cinnamon Applesauce Blueberries Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk	Lunch Entree Breaded Fish Sticks with Goldfish Crackers Popcorn Chicken with Goldfish Crackers Turkey Bacon Sandwich on WG Roll <i>With</i> Guacamole and Tortilla Chips Panther PBJ Pack Panther YOGURT Pack Vegetables Glazed Carrots Spring Mix Lettuce Blend Baby Carrots Red Bell Pepper Strips Fruit Diced Peaches Fresh Orange Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk
Lunch Entree Pizza Crunchers with Marinara Dipping Cup Grilled Chicken Breast Sandwich with Cheddar Cheese on WG Bun Ham, Salami, & Provolone Cheese Sub <i>With</i> Chicken and Dumpling Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Steamed Seasoned Mixed Veggies Spring Mix Lettuce Blend Broccoli Florets Hummus Fruit Tropical Fruit Fresh Apple Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk	Lunch Entree Cheese Quesadilla White Chicken Nachos with Corn Chips Pulled Chicken and Provolone Sandwich on WG Bun <i>With</i> Corn Salad Panther PBJ Pack Panther YOGURT Pack Vegetables Garlic Seasoned Corn Spring Mix Lettuce Blend Baby Carrots Celery Sticks Fruit Diced Pears Fresh Kiwi Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk	Lunch Entree Pasta with Chicken Alfredo <i>With</i> Garlic Knot Pepperoni Calzone Turkey & Swiss on WG Sandwich Bread <i>With</i> Broccoli Salad Panther PBJ Pack Panther YOGURT Pack Vegetables Seasoned Cooked Broccoli Spring Mix Lettuce Blend Fresh Red and Yellow Pepper Strips Grape Tomatoes Fruit Fresh Banana Craisins, Cherry Craisins, Orange Craisins, Strawberry Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk	Sweet Treat Thursday! Assorted 100% Fruit Juice Slushy Lunch Entree Mandarin Orange Chicken <i>With</i> Vegetable Fried Rice <i>And</i> Fortune Cookie Homemade Sloppy Joe on WG Bun Southwest Chicken Salad <i>With</i> Corn Muffin Panther PBJ Pack Panther YOGURT Pack Vegetables Seasoned Steamed Green Beans Spring Mix Lettuce Blend Baby Carrots Hummus Fruit Mandarin Oranges Sliced Apples Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk	Lunch Entree Stuffed Crust Cheese Pizza Chicken Nuggets <i>With</i> Cheez It Crackers Turkey Club Wrap <i>With</i> Broccoli & Cheese Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Steamed Peas Spring Mix Lettuce Blend Broccoli Florets Cucumber Slices Fruit Diced Peaches Applesauce Milk FF Chocolate Milk 1% White Milk FF Strawberry Milk

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<p><i>Memorial Day</i></p>	<p>26 Lunch Entree</p> <p>Cook's Choice</p> <p>Panther PBJ Pack</p> <p>Panther YOGURT Pack</p> <p>Vegetables</p> <p>Spring Mix Lettuce Blend</p> <p>Broccoli Florets</p> <p>Radishes</p> <p>Fruit</p> <p>Mandarin Oranges</p> <p>Strawberry Cup</p> <p>Milk</p> <p>FF Chocolate Milk</p> <p>1% White Milk</p> <p>FF Strawberry Milk</p>	<p>27 Lunch Entree</p> <p>Popcorn Chicken Mashed Potato Bowl (like KFC)</p> <p>Popcorn Chicken with Goldfish Crackers</p> <p>Garden Salad w/ Choice of Meat, Yogurt, Cottage Cheese</p> <p><i>With</i></p> <p>White Chicken Chili</p> <p>Panther PBJ Pack</p> <p>Panther YOGURT Pack</p> <p>Vegetables</p> <p>Garlic Seasoned Corn</p> <p>Spring Mix Lettuce Blend</p> <p>Cauliflower Florets</p> <p>Cucumber Slices</p> <p>Fruit</p> <p>Tropical Fruit</p> <p>Fresh Banana</p> <p>Milk</p> <p>FF Chocolate Milk</p> <p>1% White Milk</p> <p>FF Strawberry Milk</p>	<p>28 Lunch Entree</p> <p>Cook's Choice</p> <p>Panther PBJ Pack</p> <p>Panther YOGURT Pack</p> <p>Vegetables</p> <p>Spring Mix Lettuce Blend</p> <p>Broccoli Florets</p> <p>Hummus</p> <p>Fruit</p> <p>Cinnamon Applesauce</p> <p>Blueberries</p> <p>Milk</p> <p>FF Chocolate Milk</p> <p>1% White Milk</p> <p>FF Strawberry Milk</p>	<p>29 Happy Last Day of School! Enjoy Your Summer!</p> <p>Lunch Entree</p> <p>Bakalar's Hot Dog on a WG Bun</p> <p>Panther PBJ Pack</p> <p><i>Both With</i></p> <p>Ice Cream Sandwich</p> <p><i>And</i></p> <p>Baked Potato Chips</p> <p>Vegetables</p> <p>Baby Carrots</p> <p>Cucumber Slices</p> <p>Fruit</p> <p>Sliced Apples</p> <p>Milk</p> <p>FF Chocolate Milk</p> <p>1% White Milk</p> <p>FF Strawberry Milk</p>	<p>30</p>
<p>Menu likely to change based on product availability.</p> <p>This institution is an equal opportunity provider.</p>					



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