

WEST SALEM MIDDLE SCHOOL



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Inside this Issue:

It's November already? It must be, because the leaves are turning, the chill of fall is in the air, and hopefully the school year has settled into a productive and positive routine for your family. Recently, we completed our student/parent/teacher conferences on October 13 & 17. Thank you to all the students and parents who attended. It's important that students see your support and communication regarding their academic progress. It shows students that you understand how important their education is, and helps them view learning as a priority as they become increasingly more responsible for their education as they grow older.

The month of November is full of opportunities and important dates for our students. Our fall sports seasons come to an end and our winter sports seasons begin. Our annual Veterans Day Program will be held on Friday, November 11, at 7:50 am in our main gym, and you are invited to attend. You can find more information about our program on page 3. Our first trimester ends on November 22, and we will not have school November 23 – November 27 for Thanksgiving break.

We look forward to continuing to work together to provide your child with the best educational experience here at West Salem Middle School. On behalf of our staff, we hope you have a great Thanksgiving holiday with your family and friends. This year, I am once again very thankful for the opportunity to lead a student-centered staff, work with supportive parents, and with your incredibly talented children within a strong community.

Thankful to be a Panther,

Benjamin J. Wopat

<https://twitter.com/CoachWopat>

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Calendar of Events - Athletics

Basketball (7th Grade)

November 3 @Holmen MS 3:45
November 8 @WSES (Longfellow MS) 4:00
November 10 @WSES (Sparta MS) 4:00
November 15 @Ettrick ES (G-E-T MS) 4:15
November 17 @WSES (Tomah MS) 4:15
November 22 @Lincoln MS 3:45
November 29 @Westby ES 4:15

Basketball (8th Grade)

November 3 @Holmen MS 3:45
November 8 @WSMS (Longfellow MS) 4:00
November 10 @WSMS ((Sparta MS) 4:00
November 15 @Gale-Ettrick-Trempealeau (G-E-T MS) 4:15
November 17 @WSMS (Tomah MS) 4:15
November 22 @Lincoln MS 3:45
November 29 @Westby HS 4:15

Wrestling

November 8 @Sparta Meadowview MS 4:30 (Sparta MS, Tomah MS, West Salem MS, Westby MS)
November 15 @WSMS 4:30 (Holmen MS, Tomah MS)
November 21 @Logan MS 4:30 (Logan MS, Onalaska MS, Tomah MS, West Salem MS)
November 29 @Sparta Meadowview MS 4:30 (Sparta MS, Logan MS, West Salem MS)

Calendar of Events - School

November 2 - PICTURE RETAKE DAY!
November 11 - Veterans' Day Assembly 8:00 a.m.
November 22 - End of Trimester 1
November 23-November 25 - NO SCHOOL - Thanksgiving Break
November 28 - Start of Trimester 2

From the Office

If your child will be absent from school, PLEASE call the office at 786-2090 before 7:50 in the morning. In the event you receive the voice mail, leave a message that includes your child's name, grade, and the reason for the absence. If your child is ill, **please be specific with his/her symptoms**. We are required by state law to report numbers of students ill with strep throat, stomach flu, colds, and chicken pox, so it is important that we have an accurate count. We do not report student names, just numbers. If your child's absence is not called in to the school in a timely manner, it is considered an unexcused absence and consequences may be assigned to the student.

You may also call ahead with any pre-planned absences. We will document it, so you will not have to call again the day of the absence.

If your child needs to be picked up for an appointment, please send a note or call the office as far in advance as possible so that your child can be given an out pass in advance. We appreciate advance notification as it eliminates the need for us to try and find your student at the last minute when he/she is being picked up. If your child returns with a medical or dental appointment verification form, it is not counted toward the 10 days allowed for your child to be absent from school. Thank you for your cooperation in keeping your child's attendance up-to-date and informing the school of absences in a timely manner. **Thank you!**

Veteran's Day

On November 11 the West Salem Middle School will honor our Veterans. We will have an assembly starting at 8:00 in the large gymnasium with both the Middle School Band and Choir performing. All Veterans are welcome to attend. During the event, students will learn about how the flag is folded and what each fold represents. Students will also get to see and thank a member of each branch of the military.



HARVEST OF THE MONTH
 NEWSLETTER NOVEMBER 2022



FUN FACTS

- Cranberries were first used by Native Americans for food, fabric dye, and medicine.
- Cranberries are the state fruit of Wisconsin!
- 62% of the cranberries grown in the United States come from Wisconsin.

NUTRITION INFO

One cup of cranberries contains 50 calories and are excellent sources of vitamin C and fiber.

PICK

Choose plump cranberries that are red, shiny, and firm to the touch. Berries that are discolored or shriveled should be tossed.

STORE

Fresh cranberries can be refrigerated up to 1 month or frozen up to 1 year. Cooked cranberries can be refrigerated for a few days or frozen for up to 6 months.

PREPARE

Enjoy cranberries cooked, fresh, canned, frozen, or dried. Rinse cranberries under cold water before using.

USE

Add fresh cranberries to smoothies or muffins, or dried cranberries to salads. Cranberries can be tart on their own, but they pair well with sweeter fruits like apples!

Cranberry Oatmeal Bars

laxf2s.org

Serves 24

Ingredients:

- 1 cup dried cranberries
- 3/4 cup brown sugar
- 1/2 cup oil (canola or vegetable)
- 2 eggs
- 1 1/2 cups all-purpose flour
- 1 1/2 cups quick cooking oats
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- Optional: 1/4 cup chopped nuts

Directions:

Preheat oven to 350°F. Spray a 9 inch by 13-inch baking pan with nonstick cooking spray. Finely chop the dried cranberries. Beat together brown sugar, oil, and eggs using a whisk or electric mixer in a large mixing bowl. Stir together flour, oats, baking powder, and salt in a medium mixing bowl. Stir dry ingredients into wet ingredients until combined. Stir in cranberries and nuts. Spread the dough evenly in the pan. Bake until lightly browned and the center is set (about 20 minutes). Cool completely before cutting.

Per serving: 140 calories, 6g fat, 2g protein, 21g carbohydrate, 1g fiber, 55mg sodium

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act.

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



LA CROSSE COUNTY
 Health Department
 Nationally Accredited

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 HEALTH SYSTEM®



STUDENT OF THE MONTH

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

Grade 5

*Allie Schams
Darrell Smith
Lydia Weber*

Grade 6

*Paige Christianson
Connor Fecht
Addison Kendhammer*

Grade 7

*Deanna Christianson
Cam Horihan
Ben Skiles*

Grade 8

*Liliana LaBarre
Mayumi Moore
Riley Schwarz*

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



Student Cell Phone Use

Students at our middle school are **NOT allowed to carry cell phones** with them throughout the school day. If a student brings a cell phone to school, these are the restrictions at WSMS:

- * **Must be turned off**
- * **Must be kept in the student's locker**

Cell phones are absolutely **NOT allowed on the playground or in the bathroom/locker room.**

Students are NOT allowed to use cell phones to take video recordings of other students at school. Students not following the guidelines will be subject to disciplinary action. Please call if you have any questions.



Early Release Dates

Wednesdays
Release at 12:20
Buses leave at 12:30

February 8
May 10



Counselor's Corner

We have passed the halfway point of the 1st Trimester (in fact, just a few short weeks away from the end of trimester 1) and are enjoying the many opportunities to meet with students. Parent/Teacher conferences have come and gone, yet please do not hesitate to reach out to your student's teachers or one of us with any academic, personal or social concerns. We share a common goal: provide the best education we can as well as foster reflective social and emotional lessons, the aim of which is to develop a well-rounded, responsible and respectful young adult.

Homeroom lessons this month will focus on perspective, values, and conflict resolution. There are many instances throughout the day that may conflict with our perspective and what we feel is important on a particular issue. The goal is to have those in-depth discussions and practice problem solving skills. Having several different options to choose from for yourself is good strategy as 'one size does not fit all' is very true when it comes to regulating our feelings and emotions.

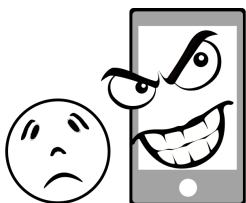
The average person makes over 35,000 choices a day. Many of these choices -- whether we are aware of them or not -- are motivated by what we value. It's interesting that many of our decisions are based on our values, but seldom do we formally discuss our values with our family telling them 'this is what we value.' It is through our everyday interactions we tend to demonstrate what our values are. Of course, November reminds us to be grateful for the many blessings we have in life. If we truly stop to think about all the good in our lives, that list would be endless! Thank you for entrusting us with your children!



Tips for the Middle Years:

Attendance Matters

Missing even a few classes - whether they're in person or online - can have a snowball effect. Not only does being absent make it difficult for your child to keep up, but chronic absenteeism is linked with a higher dropout rate. Make sure your middle grader knows you expect them to be in every class, every day unless they are sick or there is a family emergency.



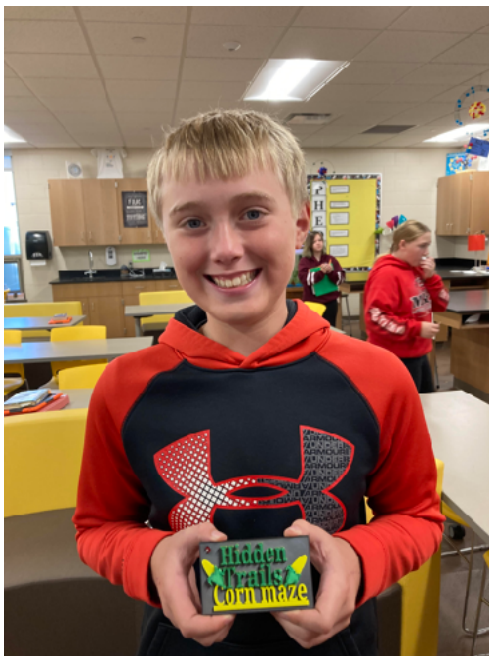
Digital Manners

Before your tween sends a text, post, or email, suggest that they ask themselves, "Is this nice? Would I say it in person?" If the answer to either question is no, it's a good idea to reword. Tip: If they feel the need to type a disclaimer like, "No offense but..." they probably shouldn't hit "send."

Mr. Jones - STEM

6th Grade STEM

We are working hard at designing the sturdiest toothpick bridge made out of toothpicks and glue only. Soon, students will be able to test their designs to see who made the best bridge that holds the most weight. In 6th grade panther time students have been learning on how to design using



7th Grade STEM

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

Robotics

We just finished learning about gears and gear ratios. Next, we will begin building each mechanism (simple gear trains, bevel gears, rack and pinion, leadscrew, crank and slider, worm and wheel). After that, we will use what we learned about the mechanisms to build our own pull toy.

8th Grade STEM

The students are working hard to get their paper roller coaster finished in class. We are trying to see who can come up with the longest lasting coaster when a marble gets sent down the track. After we finish the coasters, we should have time to design something for the 3D printer.

5th Grade Update

During math, we will continue to work with decimals. Students will start to add and subtract decimals and whole numbers. They will also apply that knowledge to various word problems.

We will continue to work on our reading strategies to help reach our reading goals. Students should continue to read at home and fill out reading logs. After we finish comparing characters, our lessons will start to shift to nonfiction aspects and reading strategies.

Writing will start to change their focus to informational writing. They will learn different aspects and features of information writing and apply that to their own writing pieces.

In science, we will be finishing up our Matter Unit. Then we will be taking a break from science in order to focus on social studies. Our next unit will be about space.

During social studies, we will be reading non-fiction text using our Social Studies textbook. We will start by learning about explorers who wanted to discover new parts of the world, like Marco Polo and Ferdinand Magellan. We will then jump into explorers who wanted to travel to the "New World".

Important Dates:

- November 6th-Early Release
- November 11th-Veteran's Day Program
- November 26th-First Trimester Ends
- November 27th-No School
- November 28th-No School
(Happy Thanksgiving!)
- November 29th-No School





Math - Mrs. Jehn & Mrs. Alo

October in 6th grade math was all about fractions and decimals. Students spent the month multiplying, dividing, adding, and subtracting them.

November begins in Chapter 3 which includes ratios, tape diagrams, ratio tables, rates, unit rates, comparing ratios and rates, and converting measures. This is a great chapter because it is so applicable to their lives now and forever. Who doesn't want to find the best deal or price and save the most money? Ask your child to shop with you to help you find unit price, compare unit prices, and find the best buy - happy shopping and saving!

Accelerated Math - Mrs. Jehn

In November students will finish working in Chapter 4 which included percentages and real-life percent problems. This is another one of my favorite chapters because it focuses on skills they will use the rest of their lives. Who doesn't want to find the best deal to save the most money? Ask them to help you shop and find the price using coupons and discounts. Have them help you figure out the tip for the server at the restaurant or for the hairdresser. Maybe they will be able to help you save money as you shop for Christmas.

Students will also finish Chapter 5 in November which works on algebraic expressions and properties. At the end of this chapter they will be able to write and evaluate algebraic expressions using the commutative, associative, and distributive properties.

English - Mrs. Buisman

In 6th grade English we will be focusing on writing summaries. Students will do a lot of summary practice as we read Greek Mythology short stories to prepare for our upcoming unit. In grammar we will continue recognizing fragments and run-on sentences. Students will learn how to correctly combine sentences to improve their writing skills.



Social Studies - Mrs. Jeranek

Our day of survival experiences at the School Forest were filled with fun and adventures, even if we did get a bit of snow! Students built debris huts, hiked, played games, learned about preserving our forest and tried their hand at ancient fire starting methods.

Ancient Mesopotamia will continue to be our focus in November. We will study geographical locations through map practice, learn how the citizens of this civilization functioned throughout various rulers and laws, and explore interesting technological strategies for survival in a dry and hot climate. After Mesopotamia we will cross the Red Sea and explore Ancient Egypt, which will take us through 1st Trimester.



Reading - Mrs. Schultz

SURVIVAL and CHANGES!! Those are some of the themes of the unit we started mid-October. As students are reading and discussing the class novel, *Touching Spirit Bear* by Ben Mikaelson, they will be identifying and explaining the themes of the novel as well as the types of conflict found within. We will be focusing on analyzing characters, identifying figurative language devices, and how to use discussion etiquette to have meaningful discussions in which all students can participate. At the end of the unit, students will complete an end of the book project demonstrating their knowledge of theme, conflict, and the changes the characters made throughout the novel. The essential question for this novel has the students thinking how *Touching Spirit Bear* helps them better understand different human experiences. The question is: How does reading this novel help you to understand yourself and others? Talk with your student about the novel and how the characters have been changing throughout!

**ELA - Mrs. Rochester and Ms. 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. Word work also includes learning roots. Students have been reviewing and learning strategies to write paragraphs and summaries.

Reading: Students are required to read their self-selected books daily. In addition, students will read a variety of short stories to continue learning about story elements and working on writing lessons.

Math 7- Mrs. Weber and Mrs. Piersma

Welcome back to Mrs. Piersma, who has been on maternity leave! The kids are excited to have her back, but also will miss Mrs. Holst who did a fantastic job in her place. Thank you Mrs. Holst! And thank you to all the parents that stopped to check in at conferences. We appreciate your time.

Pre-Algebra - Mrs. Weber

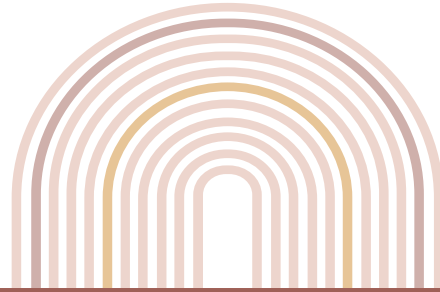
A big thank you to parents that checked in at conferences. It was nice visiting with all of you. As always, if you ever have questions or concerns, I am just an email away. We will finish up our first trimester this month! This year is flying by. We will also have our first in-school Mathcounts competition. There will be a total of 3 of these in both 7th and 8th grade advanced math. The top 12 kids overall will compete in a regional competition in February. The kids have enjoyed the challenge of mathcounts and have learned a lot. I am proud of their hard work on this!

Social Studies - Mr. Mahlum

For 7th grade Social Studies, the students will start to explore the early governments we had here in the United States. We will study the first attempt at a written plan of government...which was called the Articles of Confederation. Students will understand why this plan failed and how its failure led to the U.S. Constitution. Once we study the Constitutional Convention, we will then start to pick apart the structure of the U.S. Constitution.

GRADE 8

newsletter



NOVEMBER EDITION

ELA- Mrs. Meyer & Ms. Sackett

In 8th grade ELA, we will continue discussing our Identity theme - What makes you....you? by focusing on beliefs. After watching videos, close reading both fiction and non-fiction pieces, and discussing different beliefs, students will begin to write about their own beliefs / values. As we near the end of Trimester 1, we will begin work on Personal Essays that will have students reflect on influential people, hobbies and beliefs that they feel make them who they are. We finished our read aloud "Linked" by Gordon Korman, ask your student about it! Finally, we will further our understanding of and practice with sentence variety by continuing with both compound and complex sentences.

SOCIAL STUDIES- Ms. Morgan

November brings our exploration of U.S. History to the American Revolution. We will investigate the formation of our country as we break away from the British empire. Our exploration will look at the multiple different viewpoints of the events from this time period. The learning targets we will be addressing include:

- 8.PS.1: Analyze primary and secondary sources to understand different viewpoints on an event
- 8.AR.1: Compare and contrast the American and British advantages and disadvantages during the war
- 8.AR.2 Interpret the role of important individuals and events leading to the end result of the American Revolution
- 8.AR.3: Assess the purpose and accomplishments of the First and Second Continental Congress
- 8.AR.4: Explain the role of allies in the American Revolution

Interested in exploring a little more on your own? Check out [American Revolutionary War Museum in Philadelphia](#), [Virtual Tours of Battlefields](#), and [Virtual Tour of Valley Forge](#).

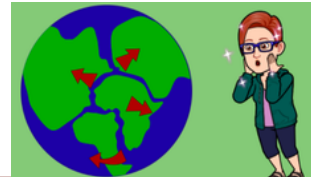


SCIENCE- Ms. Smith- Waller

It is hard to believe we have already completed two months of school! We finished up our Weather unit and started learning about how Earth's surface changes. We have been looking at the processes of weathering, erosion, and deposition. In this unit we will make observations of how things like wind, water, ice, and gravity wear down Earth's surface, move sediments, and then deposit them to build Earth's surface back up again. Next up, we are continuing to look at how geoscience processes have changed Earth's surface by looking at what is going on under the surface. We will be learning about plate tectonics, volcanos, earthquakes, and locations of fossils around the world to get a bigger picture of how Earth's surface has changed throughout its history. Enjoy what is left of the fall!

Essential Learning Outcomes:

- Construct a scientific explanation based on valid and reliable evidence obtained from sources and the assumption that theories and laws that describe nature operate today as they did in the past and will continue to do so in the future.
 - MS-ESS2-2: Construct an explanation based on evidence for how geoscience processes have changed Earth's surface at varying time and spatial scales.
- Analyze and interpret data to provide evidence for phenomena.
 - MS-ESS2-3: Analyze and interpret data on the distribution of fossils and rocks, continental shapes, and seafloor structures to provide evidence of the past plate motions.



MATH 8- Mrs. Coe & Mrs. Snook

We finished up Transformation (Unit 2) at the end of October, and began Angles and Triangles. We will focus on interior and exterior angles of triangles and polygons in the month of November.

Regular Math (Unit 3) - Mrs. Coe and Mrs. Snook

The learning targets for Unit 3:

- 3.1: Find missing angle measures created by the intersections of lines.
- 3.2: Understand properties of interior and exterior angles of triangles.
- 3.3: Find interior angle measures of polygons.
- 3.4: Use similar triangles to find missing measures.

ALGEBRA- Mrs. Coe

Algebra (Unit 3) - Mrs. Coe

We will be starting Unit 4 which is Writing Linear Functions. We will continue our Mathcounts each week and we will complete our first in-school Mathcounts competition during the first part of November!

The learning targets for Unit 4:

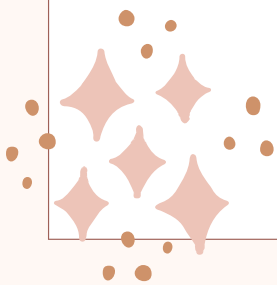
- 4.1: Write equations of lines in slope-intercept form.
- 4.2: Write equations of lines in point-slope form.
- 4.3: Recognize and write equations of parallel and perpendicular lines.
- 4.4: Use scatter plots and lines of fit to describe relationships between data.
- 4.5: Analyze lines of fit and find lines of best fit.
- 4.6: Understand the concept of arithmetic sequences.
- 4.7: Graph and write piecewise functions.

Reminders

- Charge your iPad every night
- Check Google Classroom when you are absent.
- Check Homework Hotline to see what is coming up or due.
- Target-based grading is NEW if you have questions reach out to Mr. Wopat or your student's teacher.

Important Dates

- Nov. 2nd Picture Retake
- Nov. 11th Veterans Program
- Nov. 22nd TRIMESTER ONE ENDS
- Nov. 23-25th NO SCHOOL; Thanksgiving break
- Nov. 28th Trimester 2 starts



Why Can't I Skip My 20 Minutes of Reading Tonight?

Student "A"
reads **20 minutes**
each day

3600 minutes in
a school year

1,800,000 words



90th percentile

Student "B"
reads **5 minutes**
each day

900 minutes in
a school year

282,000 words



50th percentile

Student "C"
reads **1 minute**
each day

180 minutes in
a school year

8,000 words



10th percentile

By the end of 6th grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy & Herman, 1987)



"Meet Us in the Middle"





Grade 5

In November, 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, with one of the projects being a crane.

Grade 6

In November 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.

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.

Grade 8

Students in 8th grade will complete their wall block designs as we begin November. 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.

8th Grade Elective

As we begin November, this class will be finishing their watercolor palettes that will be used to paint a liquid watercolor painting. They will also be finishing their surreal pieces, they chose a variety of materials to finish these and are large in scale. They took a bit longer to complete than anticipated. We will then move on to their acrylic painting that involves multiple layers and techniques. We continue ongoing work that includes small samples of the materials, and examples of work we have been completing.

After School Art

Students will once again have the opportunity to participate in our After School Art Program. This program will meet after school most Thursdays and began on October 20th, and will run through mid-late March. During After School Art, your child will have the opportunity to put in extra time on their class assignments, or they may explore and use art media of their choice. We also provide instruction time and exposure to art activities, contests and community service projects that we don't usually have time to cover during the school day. If your child is interested, they can pick up a form outside of the art room!



November Lunch Menu

November 2022

West Salem Middle School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	From the Grill <ul style="list-style-type: none"> Diced Chicken & Gravy with Buttermilk Biscuit Mashed Potatoes Home Style <ul style="list-style-type: none"> Meatballs & Gravy with Buttermilk Biscuit Mashed Potatoes Deli Line <ul style="list-style-type: none"> Turkey and Swiss on WG Sandwich Bread 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"> (Cheese) Hamburger on WG Bun Garlic Roasted Green Beans Home Style <ul style="list-style-type: none"> Breaded Chicken Patty Sandwich on WG Bun Garlic Roasted Green Beans Deli Line <ul style="list-style-type: none"> Garden Salad with Choice of Meat/Yogurt/Cottage Cheese White Chicken Chili Grab and Go <ul style="list-style-type: none"> Panther YOGURT Pack Panther PBJ Pack 	Sweet Treat Thursday! <ul style="list-style-type: none"> 100% Fruit Juice Slushy From the Grill <ul style="list-style-type: none"> Chicken Potstickers Seasoned Brown Rice Cooked Carrots Home Style <ul style="list-style-type: none"> Sweet & Sour Chicken Vegetable "Not Fried" Rice Cooked Carrots Deli Line <ul style="list-style-type: none"> Crispy Chicken Wrap Goldfish 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"> Sausage Pizza Green Peas Home Style <ul style="list-style-type: none"> Cheese Pizza Green Peas Deli Line <ul style="list-style-type: none"> Ham, Turkey and Cheddar Sub Brown Chicken & Wild Rice Soup Grab and Go <ul style="list-style-type: none"> Panther YOGURT Pack Panther PBJ Pack
7	8	9	10	11
From the Grill <ul style="list-style-type: none"> Mozzarella Stuffed Breadstick with Marinara Dipping Cup Mixed Vegetables Home Style <ul style="list-style-type: none"> Chicken Nuggets with Cheez-It Crackers Mixed Vegetables Deli Line <ul style="list-style-type: none"> Turkey Sub Vegetarian Minestrone 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 Nachos on Corn Chips Taco Topping Bar Home Style <ul style="list-style-type: none"> Walking Taco on Corn Chips Taco Topping Bar Deli Line <ul style="list-style-type: none"> Ham and Swiss on Croissant Fresh Fruit Deluxe Salad Grab and Go <ul style="list-style-type: none"> Panther YOGURT Pack Panther PBJ Pack 	From the Grill <ul style="list-style-type: none"> Cheeseburger on WG Bun Potato Smiles Home Style <ul style="list-style-type: none"> Hamburger on WG Bun Potato Smiles Deli Line <ul style="list-style-type: none"> Turkey and Cheddar on WG Bun Brown Chicken & Wild Rice 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"> Ice Cream Sandwich From the Grill <ul style="list-style-type: none"> Tater Tot Hot Dish Steamed Broccoli WG Dinner Roll Home Style <ul style="list-style-type: none"> Chicken Teriyaki Steamed Broccoli WG Dinner Roll Deli Line <ul style="list-style-type: none"> Chef Salad w/Ham & Cheese, Bug Bite 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 Honey-Glazed Carrots Home Style <ul style="list-style-type: none"> Cheesy Garlic French Bread Pizza Marinara Dipping Cup Honey-Glazed Carrots Deli Line <ul style="list-style-type: none"> Cuban Flatbread Sandwich Chicken Dumpling Soup Grab and Go <ul style="list-style-type: none"> Panther YOGURT Pack Panther PBJ Pack
14	15	16	17	18
From the Grill <ul style="list-style-type: none"> (Cheese) Hamburger on WG Bun Waffle Fries Home Style <ul style="list-style-type: none"> Pulled Pork Sandwich Waffle Fries 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 	From the Grill <ul style="list-style-type: none"> Cinnamon French Toast Sticks and Jones Dairy Sausage Links Warm Cinnamon Apples Home Style <ul style="list-style-type: none"> Cinnamon French Toast Sticks with Colby Cheese Omelet Warm Cinnamon Apples Deli Line <ul style="list-style-type: none"> Turkey BLT on Sub Roll 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"> Breaded Chicken Patty Sandwich on WG Bun Peas & Carrots Home Style <ul style="list-style-type: none"> Mini Corn Dogs 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"> Cheese Pizza 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

November Lunch Menu - Page 2

21**From the Grill**

- Chicken Patty - Hot and Spicy Whole Grain Bun
- Oven Baked French Fries

Home Style

- Breaded Chicken Patty Sandwich on WG Bun
- Oven Baked French Fries

Deli Line

- Chicken Bacon Ranch Wrap
- White Chicken Chili

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

22**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

23**24****25****28****From the Grill**

- (Cheese) Hamburger on WG Bun
- Potato Smiles

Home Style

- Grilled Chicken Breast Filet Sandwich on WG Bun
- Potato Smiles

Deli Line

- Southwest Chicken Salad
- Corn Bread Muffin

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

29**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

30**From the Grill**

- Pepperoni Pizza
- Roasted Potato Fusion

Home Style

- Meatball Marinara Sub
- Roasted Potato Fusion

Deli Line

- Grilled Cheese
- Creamy Tomato Soup

Grab and Go

- Panther YOGURT Pack
- Panther PBJ Pack

Menu likely to change based on product availability.

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