

WEST SALEM MIDDLE SCHOOL

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Dear Parents,

It must be November, 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 17 and 21. 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 is full of opportunities and important dates for our students. Our fall sports season came to an end and our winter sports season began. Our annual Veterans Day Program will be held on Monday, 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 26, and we will not have school November 27 – November 29 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,

Ben Wopat
<https://twitter.com/CoachWopat>



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Calendar of Events-School

November 7	Gr. 8 School Forest (Coe, Smith-Waller, Meyer)
November 8	Gr. 8 School Forest (Sackett, Morgan, Snook)
November 11	7:50 a.m. Veterans' Day Assembly in Large Gym
November 18	7:00 p.m. Middle School Musical @ the Heider Center
November 19	7:00 p.m. Middle School Musical @ the Heider Center
November 20	Incentive Day Schedule (students to Heider Center for play)
November 26	Trimester 1 Ends
November 27-29	NO SCHOOL THANKSGIVING BREAK
Nov 22 - Nov 24	Thanksgiving Break (see you on November 27!)

Calendar of Events-Athletics

Click on the link below and it will take you to our Middle School Athletics page. You will be able to click on the links for the Winter Sports to see the game times/locations.

24-25 Fall Athletics



Veterans' Day Assembly



On Monday, November 11, the West Salem Middle School will honor our Veterans. We will have an assembly starting at 7:50 a.m. in the main gymnasium (Commons area), 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

From the Office - Attendance

If your child will be absent from school, PLEASE follow the protocol below:

- Call the office at 608-786-2090, Option 1, **before 7:50 a.m.** If you receive the voicemail, please 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 that are ill with strep throat, stomach flu, colds and chicken pox, making it important to have accurate counts. We only report numbers, not student names. If your child's absence is not called into the school in a timely manner, we will call home. If we don't speak to a parent/guardian, it is considered an unexcused absence and consequences may be assigned to the student.
- In lieu of calling, **you may also email Stephanie Pearson** at pearson.stephanie@wsalem.k12.wi.us with absences, medical appointments, etc.
- **Calling in absences ahead of time, like medical appointments, vacations, etc. is highly encouraged!** 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 ahead of time.** 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!



We have passed the halfway point of the 1st Trimester and are enjoying 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 fostering rich social and emotional lessons, the aim of which is to develop a well-rounded, responsible and respectful young adult.

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! One particular way we will show our gratitude will be creating cards for our service members and veterans. Thank you for your service. Also, thank you for entrusting us with your children!

Looking ahead, we will be coordinating our annual food drive in coordination with the West Salem Lion's Club. More information will be coming soon. Common and helpful items to donate are canned soups, cereals, pasta and sauce and macaroni and cheese.

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 hard for your child to keep up, but chronic absenteeism is linked with a higher dropout rate. Make sure your middle grader knows you expect him to be in every class every day, unless he's sick or there's a family emergency.



Digital Manners

Before your tween sends a text, post, or email, suggest that she ask herself, "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."

Fine Tune that Study Routine

Set the scene - silence electronics, set a timer to take breaks, and gather supplies and snacks before starting homework.

Always have a plan - your middle schooler should find a regular time to study each day that fits with mealtimes and other activities. It might be at 5 p.m. most days and 7 p.m. on Wednesdays, when your family eats dinner early. Then, they can start each session by listing specific tasks and how long they expect them to take.

Personalize the approach-The "right" way to study is different for every student. Suggest that your child experiment with study methods to find favorites - sometimes music helps and for others, silence is best. Desk, bed, kitchen table are all o.k., but make sure the environment is working for your learner.

STUDENT OF THE MONTH

Each month, teachers send nominations for Student of the Month. October's focus was Working Hard - Self-Advocacy/Initiative. Below is a list of three students from each grade level that were chosen because they embody Working Hard, Self-Advocacy and Initiative. Mr. Wopat, Ms. Beld, Ms. Becker and Mrs. Broughton notified parents of this accomplishment, and met with them on Thursday October 31, for individual and group photos.

Grade 5

*Harper Hennessy
Craig Schaller
Everly Quackenbush*

Grade 6

*Haley Buisman
Parker Cessford
Brooklyn Pedrin*

Grade 7

*Aribella Craig
Quinn Maki
Sam Schleppenbach*

Grade 8

*Raja Albright
Reece Corcoran
Kiara Crow*

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

During math, we will finish our work with whole and decimal numbers. This will include adding, subtracting, place value, and word problems. We will also do a mini-unit on 2-D shapes like quadrilaterals and triangles. We will focus on their attributes.

We will continue to work on reading books and writing about our reading. Students should continue to read at home. After we finish comparing characters, our lessons will start to shift to nonfiction features and reading strategies.

Writing will be finishing up their narrative unit and will change their focus to informational writing. They will learn different skills and features of informative writing and apply that to their own writing pieces.

In science, we will be finishing up our Matter Unit. We will be learning about physical and chemical changes and running several science experiments using the scientific process. Our next unit will be about space.

In social studies we are learning about early European explorers who ventured to different parts of the world, like Marco Polo and Christopher Columbus. We are also talking about the economic impact of trade in the 1400's. Students will take part in a ship simulation and cross the Atlantic Ocean for gold and glory.

Important Dates:

November 26th-First Trimester Ends

November 27th-No School

November 28th-No School

(Happy Thanksgiving!)

November 29th-No School





6th Grade News!

November 2024

Language Arts- Mrs. Buisman

- In English, our November focus will be writing summaries. Students will be front-loaded with Greek mythology stories to read and then write summaries on to prepare for the upcoming Greek Drama Unit. In grammar, students will continue recognizing fragments and run-on sentences. Students will also work on combining sentences to improve their writing skills.

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!

Math- Mrs. Alo and Mrs. Jehn

- 6th grade math was all about fractions and decimals in the month of October. Students spent the month adding, subtracting, multiplying, and dividing them.
- November begins with 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 current and future lives. 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 prices, compare unit prices, and find the best buy - happy shopping and saving!
- The month will end in Chapter 4 which includes percentages. This chapter is just as applicable to real life as students learn about finding the best deal, tipping, and paying sales tax.

Advanced Math- Mrs. Jehn

- Students just finished 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 find the price after coupons and discounts that take a percentage off the original price. Have them help you figure out the tip for the server at the restaurant or for the hairdresser. Maybe with their new skills they will be able to help you save money as you shop for Christmas!
- Students will complete 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.
- We will finish the month in Chapter 6 which is titled Equations. Students will learn to write, solve, and graph one-variable equations and inequalities using the four basic operations. They will also work with writing and graphing two-variables equations. Although this chapter is new material and more conceptual than previous chapters, it is typically a favorite chapter for students.

Science- Mrs. Jarosh

- 6th graders wrapped up our unit on Scientific Method. Students did an outstanding job identifying the independent and dependent variables!



Social Studies- Mrs. Jeranek

- We finished our exploration of Early People throughout the world and have started our first ancient civilization. In November the focus is Ancient Mesopotamia. We will study geographical locations and survival techniques in this dry, hot climate. Technologies invented by Sumerians that we have modernized and use today will be researched. Function of citizens through various rulers and systems of law will also be studied. After Mesopotamia we will cross the Red Sea and explore Ancient Egypt, which will take us through the 1st Trimester.

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.
- No school on November 27-29 (Thanksgiving break)
- No school on December 23 - January 1 (Christmas break)



Day of the Dead (November 1st & 2nd)

8th grade Spanish celebrates the Day of the Dead this month. This is a great time to have a fiesta and do some other related activities. Aside from this, we will be finishing up on our 2nd story - *La vaca y el mono*, and then later completing our 3rd story - *El libro perdido* by the end of the month.

7th grade Spanish observes the Day of the Dead by also having a fiesta and watching the movie, *The Book of Life*. In addition to this, we will be working on our 2nd story - *La vaca y el mono*.

5th grade Panther Time acknowledges the Day of the Dead by enjoying a video on the Day of the Dead along with a coloring activity. After this, we'll be working on the alphabet and numbers in Spanish.

6th grade Panther Time honors the Day of the Dead by enjoying a video on the Day of the Dead along with a coloring activity. After this, we'll be working on the colors in Spanish and reviewing everything we've learned since last year.

7th & 8th grade Panther Time takes a brief break from Asia and recognizes the Day of the Dead by watching a video and having a discussion about it afterwards. After this, we will continue our journey exploring the cultures of Asia and South America.

Healthy Living will be going out to the OEC on Thursday November 7th and Friday November 8th. We are excited that ALL 8th graders get this opportunity. We are now transitioning our classes out of invasion games and into net/wall activities. The students have done a great job of remembering their athletic shoes for class! Thank you to the families who are giving their students reminders!



7th Grade November 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 November, we will be The Outsiders. This classic explores the themes of family, friendship, and growing up. Students will be expected to read at school and each student will have a copy of the book. Students will be assessed on reading and writing learning targets as they read the novel.

Dates to Know



Nov. 26– End of Trimester 1

Nov. 27-29 – No School



Tips/Helpful Links

PLEASE CHARGE YOUR IPAD EVERY NIGHT

[HOMEWORK HOTLINE](#)

Math



Mrs. Piersma and Mrs. Weber

Thank you to all the parents that came to conferences. It was nice to be able to catch up with you! We just finished up our 2nd unit. We learned how to multiply and divide fractions and decimals with negative numbers. We will be moving on to our unit on expressions, which starts to introduce the use of variables. Have a wonderful Thanksgiving!

Pre-Algebra

Mrs. Weber



Thank you to all the parents that stopped in at conferences. I enjoyed meeting some of you and sharing the incredible progress we are making in class. We are finishing up our unit on circles and will start to learn to use the formulas for volume and surface area next. We will have also have our first in school Mathcounts competition in early November. We will have 3 of these in school competitions and the 12 scores in 7th and 8th grade will be invited on the Mathcounts Team. Have a wonderful Thanksgiving!

Science Mr. Baker



In science, we are finishing up with cells and cell processes including one of my favorite labs, the Osmosis Lab! Students dissolved the shells off eggs and then conducted experiments on their egg babies to see what would happen to them in different solutions. Some eggs swelled up and others shriveled! Finally, we took our eggs outside to get rid of them in the most fun way possible! Coming up, we will be dissecting deer hearts. So if you hunt, please send deer hearts to school for us to use!



Social Studies Mr. Mahlum

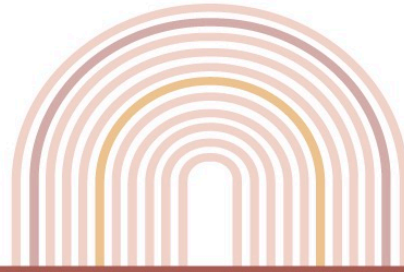


In November, 7th grade students will start to explore the early governments we had here in the United States. We will study the first attempt at a written plan of government, which was called the Articles of Confederation. Students will understand why this plan failed and how its failure led to the U.S. 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 are continuing with our Identity theme - What makes you....you? by focusing on people who have impacted our lives. Students will reflect on people who have been influential in their lives and will select one to write about. Ask your student who they choose to write about. As we near the end of Trimester 1, we will begin typing our Personal Essays in which students will put together their hobby paragraphs, belief paragraphs, and influential people paragraphs into one essay that tells some of the pieces of what makes them...them. Additionally, we will further our understanding of and practice with sentence variety by continuing with both compound and complex sentences.

Targets covered in November

- R.1 Make logical inferences from a text
- R.2 Cite textual evidence that strongly supports an analysis of a text
- L.1 Correctly write compound sentences
- L.3 Use a variety of sentence types in writing
- L.4 Demonstrate appropriate use of the conventions of standardized English grammar and usage when writing or speaking
- W.3 Clearly introduce an examined topic by beginning with a hook, including background information, and finishing with the claim/thesis statement
- W.4 Write a conclusion that provides closure and ties up loose ends
- W.5 Create writing that utilizes effective transitions
- W.7 Produce writing authentic to task, purpose, and audience
- S.2 Analyze the purpose of information presented in diverse media and formats

SCIENCE- Ms. Smith- Waller

It is hard to believe we have already completed two months of school! We finished up our Weather unit and are starting a unit on Astronomy. We will start with a study of the moon, concentrating on moon phases, eclipses, and tides. We will then move on to studying the Earth and other planets in our solar system. Next, we will investigate the space program, stars, and other objects in the solar system like comets, asteroids, and meteors. Enjoy what is left of the fall!

Essential Learning Outcomes:

- As evidenced based on classroom assessments, the student is able to use science and engineering practices and crosscutting concepts to:
 - MS-ESS5-1: Show understanding that the solar system models explain and predict the cyclic pattern of lunar phases.
 - MS-ESS5-2: Show understanding that the solar system models explain and predict eclipse of the sun and moon.
 - MS-ESS5-3: Show understanding that solar system models explain and predict seasons.
 - MS-ESS5-4: Show understanding that the solar system contains many varied objects held together by gravity.

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 of the Revolution. As we are in the midst of the 250th Anniversary of many of these events, it is an exciting time to study the Revolutionary War!

Our learning targets for this month are:

- AR.1 Compare and contrast the American and British advantages and disadvantages during the war
- AR.2 Evaluate battle strategies and techniques leading to success within the American Revolution
- AR.3 Describe the importance of major battles of the American Revolution
- AR.4 Explain the role of allies in the American Revolution
- HTS.1 Analyze primary and secondary sources to understand different viewpoints on an event
- HTS.7 Examine impact of historical events and individuals on eras and events within U.S. history

Remember if you are going to Washington DC at the end of the year, your first payment of \$370 (\$426 for chaperones) is due by November 26th. This payment must be made by all participants to secure a seat on the trip. Fundraising totals will be taken out of the 2nd and final payments. This can be paid via cash, RevTrak, or a check made out to West Salem Middle School.

Social Studies Related Resources:

[American Revolutionary War Museum of Philadelphia](#)
[Virtual Tours of Battlefields](#)
[Virtual Tours of Valley Forge](#)

MATH 8- Mrs. Coe & Mrs. Snook

We finished up Transformation (Unit 2) at the end of October, and will begin 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:

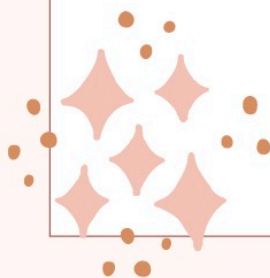
- 3.1: Find missing angle measures created by the intersections of lines.
- 3.2: Understand properties of interior and exterior angles of triangles.
- 3.3: Find interior angle measures of polygons.
- 3.4: Use similar triangles to find missing measures.

ALGEBRA- Mrs. Coe

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.



News from the Art Room

November 2024
Mrs. Hemker



Grade 6 "Trashion Fashion"



Current Units

- 5th - Clay Mugs, Cupcakes and Wall Art
- 6th - Carved Clay Containers, Instruments
- 6th Panther Time - "Trashion Fashion", design and creation
- 7th - Clay Bowls/Plates, Collages and Drawings
- 8th- WALL BLOCKS!!!! Google Drawings
- 8th Elective - Styles of Drawing and Media

Other News:

Looking for a challenge? A Variety of contest forms are available outside of the art room!

After School Art Starts on November 14th, permission slips are available outside the art room.

We are looking for leftover sewing notions such as thread, buttons, velcro, measuring tapes, pins etc for Panther Time. If you have any that you no longer use or are left overs from past projects, consider sending to the art room!



5th Grade Coil Mug

MUSIC “NOTES”



November



5th Grade General Music

We have spent a good portion of October talking about the instruments of the orchestra and the concert band. Students had a chance to read aloud facts about each instrument, complete a crossword puzzle about the instrument, have some live performances by Mrs. Kinstler and Mr. Waldhart, and watch some great musicians perform on those instruments. We will also be learning about the voice types with some great examples from Ms. Nimmm. Up next recorders! (and you are welcome parents, they stay at home!)

~Mrs. Kinstler & Miss Nimmm

6th Grade Keyboards & More

Throughout the month of October students learned how to read piano music in the grand staff and up next they will be playing the keyboard with both hands at the same time! We also learned about film music. Students created an underscore to the original opening of Superman. They also created a leitmotif (short recurring theme) that represented a LEGO person of choice. Students had a great time dabbling with how music is used in film. They also learned about famous movie music composers.



7th Grade Guitars & Musicals

Students can now play four chords and three individual notes on the guitar. We will be reviewing these concepts for the next few weeks as we have started comparing the musicals “The Wizard of Oz” and “The Wiz.” While we are not watching either music in their entirety, we are comparing their storylines and music. “Ease on Down the Road!”



8th Grade Almost Daily Ukulele & More

On ukulele, students have continued to play along with pop tunes and know quite a few chords now. We also started reading ukulele TAB and learned how to play “Happy Birthday.” They will explore more simple melodies closer to the holidays. We ‘rapped’ up our Hip Hop unit with a class rap of ‘One Fish, Two Fish, Red Fish, Blue Fish.’ I hope you enjoyed the video of their work! Now we are starting Music in Advertising.



STEM NEWS

November 2024

6TH GRADE

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



7TH GRADE

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 student's cube!

8TH GRADE

In 8th grade STEM the students are designing and building their own cardboard pinball machine. They are working hard and are about halfway through creating the project.



ROBOTICS

In Robotics the students are building a robot using the vex kit that is programmed to move after a button is pressed. Next the students will be learning about gears and gear ratios.

November 2024

Middle School
Middle Lunch 2024-25

				01 Lunch Entree 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
04 Lunch Entree Bakalar's Hot Dog on a WG Bun Brat on a WG Bun Three Cheese Cavatappi (Mac & Cheese) Roast Beef and Provolone Sandwich <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	05 Lunch Entree 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 Diced Pears Fresh Kiwi Milk FF Chocolate Milk 1% White Milk	06 Lunch Entree BBQ Chicken Teriyaki Sweet and Sour Chicken Charcuterie Box Panther PBJ Pack Panther YOGURT Pack Grains Seasoned Brown Rice 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	07 Sweet Treat Thursday! 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	08 Lunch Entree 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

<p>11</p> <p>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</p>	<p>12</p> <p>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 Broccoli Florets Radishes Fruit Warm Cinnamon Apples Mandarin Oranges Strawberry Cup Milk FF Chocolate Milk 1% White Milk</p>	<p>13</p> <p>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</p>	<p>14</p> <p>Lunch Entree Stuffed Crust Pepperoni Pizza Stuffed Crust Cheese Pizza <i>National Pickle Day!!! Try pickled pizza!</i> 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 Sugar Snap Peas Fruit Cinnamon Applesauce Blueberries Milk FF Chocolate Milk 1% White Milk</p>	<p>15</p> <p>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</p>
<p>18</p> <p>Lunch Entree Pizza Crunchers with Marinara Dipping Cup Grilled Chicken Breast Fillet Sandwich 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 Pineapple Tidbits Fresh Apple Milk FF Chocolate Milk 1% White Milk</p>	<p>19</p> <p>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</p>	<p>20</p> <p>Lunch Entree Pasta with Chicken Alfredo Pepperoni Calzone Turkey & Swiss on WG Sandwich <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</p>	<p>21</p> <p>Sweet Treat Thursday! Assorted 100% Fruit Juice Slushy Lunch Entree Mandarin Orange Chicken <i>With</i> Vegetable Fried Rice 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</p>	<p>22</p> <p>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</p>

25	26	27	28	29
Lunch Entree Cheeseburger Hamburger Crispy Chicken Tender Wrap <i>With</i> Cinnamon Bug Bites Panther PBJ Pack Panther YOGURT Pack Vegetables Tator Tots Spring Mix Lettuce Blend Baby Carrots Hummus Fruit Pineapple Tidbits Raisins Milk FF Chocolate Milk 1% White Milk	Lunch Entree Meatball Marinara Sub with Mozzarella Cheese Chicken and Waffles <i>With</i> Syrup Turkey & Swiss on WG Sandwich Bread <i>With</i> Chicken Noodle Soup Panther PBJ Pack Panther YOGURT Pack Vegetables Steamed Carrots Spring Mix Lettuce Blend Broccoli Florets Radishes Fruit Mandarin Oranges Strawberry Cup Milk FF Chocolate Milk 1% White Milk	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break

Menu likely to change based on product availability.

This institution is an equal opportunity provider.

HARVEST OF THE MONTH NEWSLETTER NOVEMBER 2024



Cranberries are The Harvest of the Month!

Add cranberries to your favorite family meals:

- Toss cranberries on oatmeal or cold cereal.
- Mix dried cranberries, raisins, cereal, and nuts for a healthy snack mix.
- Add cranberries to salads for a refreshing punch of tartness.

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

Select – Cranberries are available fresh, frozen, canned, dried, and as 100% juice. If selecting fresh, choose plump, firm berries with a deep red color.

Store – Refrigerate cranberries for up to 2 months or freeze for up to 9 months.

Prepare – Sort and discard bruised cranberries. Do not thaw frozen cranberries. Simply rinse the frozen berry and add to your favorite muffin or stuffing recipe.

Did you know?

Cranberries are the state fruit of Wisconsin! 62% of the cranberries grown in the United States come from Wisconsin.



Nutritious, Delicious, Wisconsin!
#WIHarvestOfTheMonth



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Recipe of the month

Apple Cranberry Stuffing

Serves 16

Ingredients:

- 20 ounces cubed crusty whole-wheat bread
- 2 tablespoons extra-virgin olive oil
- 1 ½ cups diced celery
- 1 ½ cups diced shallots
- 2 cups diced apple
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh sage
- 4 tablespoons unsalted butter
- 2 cups low-sodium no-chicken or chicken broth
- 1 cup dried cranberries
- ½ cup chopped walnuts
- 1 teaspoon salt
- ½ teaspoon ground pepper

Per serving: 198 calories, 8g fat, 5g protein, 27g carbohydrate, 3g fiber, 318 mg sodium

Source: laxf2s.org

Directions:

1. Wash hands with soap and water. Preheat oven to 275°F.
2. Spread bread on a large baking sheet. Bake until dry to the touch, about 30 minutes. Transfer to a large bowl.
3. Increase oven temperature to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.
4. Heat oil in a large skillet over medium-high heat. Add celery and shallots; cook, stirring often, until just starting to brown, 3 to 5 minutes. Reduce heat to medium and cook, stirring often, until tender, 3 to 5 minutes more. Add apple and garlic; cook, stirring, for 30 seconds. Add rosemary and sage; cook, stirring, for 30 seconds. Scrape the mixture on top of the bread. Melt butter in the pan, scraping up any browned bits, then scrape onto the bread. Add broth, cranberries, walnuts, salt and pepper to the bread mixture and stir to combine. Transfer to the prepared baking dish and press with the back of a large spoon into an even layer. Coat one side of a piece of foil with cooking spray and cover the stuffing, sprayed-side down.
5. Bake the stuffing for 30 minutes. Uncover and continue baking until the top is golden brown, 20 to 30 minutes more.



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