

November 2021

Martin County West

Hello, Maverick Families!

On the Wednesday before the MEA break, students and staff spent a few minutes at the end of the day moving the student desks, staff chairs, and various other pieces of outdated and overused furniture out of the classrooms and to the curb outside our three schools. If you happened to pass the schools when all that furniture was sitting out there, you might have thought we were about to have a huge yard sale of “antique” school furnishing. In a way, you would have been right!

Last spring, plans were made to order all new student desks, chairs, and tables with the money MCW received in COVID relief funds. The furniture we removed was a hodgepodge of colors, styles, and sizes; some of it had been repaired many times over the decades of its life with us and some of it was really beat up and broken. I saw dates on items that were older than my parents and was informed that some items were original to the construction of our buildings. I would say we definitely got our money’s worth out of the furniture we replaced.

While there were a number of items that just need to be recycled, there is still usable life left in many pieces we removed. Those pieces were loaded into the big storage containers that will be near the schools for the next few weeks as they work their way through the state’s process of reselling items purchased with taxpayer funds. At a certain point in that process, items will be made available to the general public to purchase. We will share this information on our Facebook pages when it is available for all those interested in purchasing a piece of MCW history.

I can’t say enough good things about the staff who have worked so hard over just a few days to remove old furniture and replace it with new. Our principals, Mrs. Baker and Mrs. Welcome, our CER/Activities Director Mrs. Bowie, some school board members, a few teachers and staff, a couple of students, and Mr. Kevin, Mr. Mike, Mr. Tony, Mr. Jeremiah, Mr. Tom, and Mr. Gerald on our custodial crew spent many hours moving furniture

around on a few days that are usually quiet around our schools. The sore backs, tired legs, and dirty hands were all worth it to let our students know that we value them and their learning environment so much that we will work hard, mentally and physically, on their behalf. We said many times over the course of this project that it would all be worth it when students come into their classrooms and see and use the new furniture for the first time.

We are now halfway through our first semester of the school year and headed into the busy holiday season. I hope you and your family and friends have opportunities to reminisce about the past and dream about the future during this magical season.

With gratitude,
Cori Reynolds, Superintendent



Minnesota Student Survey

Students in grades 5, 8, 9, and 11 may participate in the Minnesota Student Survey in late January or February this year. This survey is conducted in schools across our state every three years. The survey given to get useful information from students about how things are going at school, with their peers, and about health-related thoughts and behaviors. The information helps us develop and maintain effective programs and provide better services at school and through community groups. The statewide information assists in guiding our state programs. Watch for more information coming soon!

School Closings and Late Starts

There will be days that school will be starting late and/or cancelled due to the weather conditions. We will use our **School Messenger** system along with calling the following radio/tv stations.

KSUM	AM	1370	Fairmont
KFMC	FM	106.5	Fairmont
WCCO	AM	830	Mpls
WCCO	TV	Ch 4	Mpls
KKOJ	AM	1190	Jackson
KKOJ	FM	105.7	Jackson
KSTP	TV	Ch 5	Mpls
KEYC	TV	Ch 12	Mankato

It would be greatly appreciated if you did not call the school during the time that decisions are being made, since the phones are all needed to gather information and make calls.

If you are not eligible for School Messenger you may receive weather related announcements by signing up at KEYC TV.

- 1) Google - KEYC TV school closings
- 2) Select – School Closings Sign Up – KEYC
- 3) Follow instructions for signing up.

Remember to **vote**

Tuesday, November 2
at your designated polling place.

One school board members
will be elected for a term of 1 year.

Candidates that have filed are:

Myrna Peters

Nathan Vrieze

Maverick Christmas

Our FFA program likes to provide students in our school district with unmet needs a clothing item and/or toy for Christmas. In order for your child to be considered for this program you must have an Application of Educational Benefits on file with our school district by November 5, 2021. This application is available on the district website and at all building offices.

If you have questions, please contact Karen McConnell at Trimont or Sherburn Elementary Schools.

Wednesday, November 3

Early Dismissal – Students will be dismissed at 12:15 PM

Friday, November 5

End of 1st Quarter

Tuesday, November 16

K-6 P/T Conferences 4-8 PM

Thursday, November 18

K-12 P/T Conferences 4-8 PM

Friday, November 19

Teacher Workshop – No School

Thursday, November 25 and

Friday, November 26

Fall Break – No School

Wednesday, December 1

Early Dismissal – Students will be dismissed at 12:15 PM

MCW Junior/Senior High School

November 2021

Dates to Remember:

November 5 – End of
Quarter 1

November 16 and 18
Parent Teacher Conferences

November 16 @ 6:00 p.m.
PSEO parent/student
meeting- Music Room

November 16 @ 6:30 p.m.
Senior Parent Meeting-
Cafeteria

November 16 @ 7:00 p.m.
Junior Parent Meeting-
Music Room



Follow us on

<https://www.facebook.com/mcwJHSHschool/>

Senior Class Trip - Students planning to go on the senior class trip to Washington D.C. need to have enough money in their individual student accounts to pay for their trip. This year's seniors will need to raise or contribute approximately \$850 to go on the trip. Seniors are involved in fundraising from their sophomore through senior years to build this balance, however money can be added at any time to student accounts starting in 9th grade. There are several planned fundraising opportunities for students to participate in this year. Money that is raised via school fundraisers is nonrefundable. Mr. Wille and Mr. Preuss will be coordinating this year's trip and fundraising opportunities.

Minnesota Student Survey – Students in grades 5, 8, 9 and 11 may participate in the Minnesota Student Survey in late January or February of this year. This survey is conducted in schools across our state every three years. The survey is given to get useful information from students about how things are going at school, with their peers and about health-related thoughts and behaviors. The information helps us develop and maintain effective programs and provide better services at school and through community groups. The statewide information assists in guiding our state programs.

Parent-Teacher Conferences – Be sure to join us for parent teacher conferences which are scheduled for Tuesday, November 16 and Thursday, November 18 from 4:00-8:00 p.m. These will be done in-person this year. There will also be a meeting for all parents of students enrolled in PSEO or CIS coursework at 6:00p.m. in the music room. All parents of senior students will meet at 6:30 p.m. in the cafeteria to receive updates on the senior class trip. Junior parents will be meeting at 7:00 p.m. in the music room to begin planning for the After Prom activities this spring.

Veteran's Day Program – There will be a Veteran's Day program on Thursday, November 11th for students. The Junior and Senior High Vocal and Junior High Instrumental groups will perform. Junior high students will be chosen to present their writing essays from the VFW Patriot's Pen youth essay writing contest. To maintain the health and safety of our students this event will be closed to the public at this time, however we will attempt to livestream on our Facebook page.

Guidance Counselor- Ms. Shy Hornick, the School Counselor for MCW has begun working with all grades 7-12. Her role at school is to ensure all students are supported in their academics, in their mental health, and to help guide students to reach their future career goals.

Registration for Spring PSEO courses start November 1st. Previous or current PSEO students will work with Salome Chonko, their MNWest advisor, to complete any steps. Any new or potential PSEO student should see Mrs. Baker.

The FAFSA is open for application submission as of October 1st. You do **not** have to know which college you're attending to submit this application. This application is important for all future college students to complete with their parents, as it provides financial aid to cover tuition expenses that goes off of household income and last year's filed taxes.

If your senior is undecided on plans after high school, that is okay! Ms. Hornick a resource and support for this. A wonderful resource to utilize in narrowing down college plans or otherwise, is to use the MNCIS website. (<http://www.mncis.intocareers.org>; login - Martincounty, password - maverick

To narrow down colleges, majors, et cetera, go under the "education" tab, and click "school sort". To simply do an interest survey to figure out your interests or what you'd be great at, there are quick assessments on the website for that too!

Scholarships are extremely important to apply for throughout your senior year. Every college has incoming freshman scholarships, our school website has many links for various scholarships, and, in the spring, we have a "Dollars for Scholars" opportunity for our MCW students. More info to follow closer to spring.

*****SCHOLARSHIP OPPORTUNITY! *****

SMSU (Southwest MN State University in Marshall, MN), has granted our school scholarship dollars for any student wanting to enroll there! **These scholarship vouchers are for students with GPA's 2.5 and above, that give students the option to receive \$4,000 and up to \$20,000 over the course of 4 years JUST by applying!** It's that easy! If SMSU or this opportunity interests you, please come see me! SMSU is also visiting our school on Tuesday, November 2nd, during senior advisory. **Juniors** are welcomed to attend this meeting as well.

As always, please feel free to stop in, call, or email Ms. Hornick with any questions or concerns. She is always eager to help in any way that she can!

Martin County West Elementary Schools - Sherburn & Trimont

NOVEMBER

November 2021

Hello MCW families

In reflection of this past month many good things have happened. Schedules are running smoothly and students are settling into their learning roles. In addition to learning, there has been no shortage of fun and kindness events. Sherburn elementary has continued to honor students for their positive behaviors and choices through the student of the week events & Maverick Pride Festival. Trimont elementary does this as well, but in the form of student of the month. Be sure to follow our elementary schools on Facebook to see the recognition of these students. This past month the community has also shown kindness and generosity; classroom reading volunteers, classroom donations and community educators have shown up in our schools. Our staff and students appreciate these community efforts, if you ever feel you have something to offer that you think can help do not hesitate to reach out to someone on our elementary team. -Autumn Welcome

Quarter 1 in the Books!

On November 5th, quarter one will be complete. Report cards will be sent out to families shortly after this date. Please look the report cards over and seek clarifications if needed from classroom teachers.

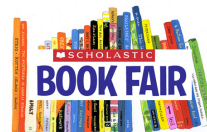
Parent - Teacher Conferences

On November 16th and 18th parent - teacher conferences will be held in each elementary school. The conference times will be from 4pm to 8pm. Watch for communication from your child's teacher to arrange a conference time.

Conferences are a great opportunity to discuss your student's progress as well as develop future plans to increase successes.



Book Fair ~ Support Reading & Fundraise for the Media Center



Trimont Only, November 12-18, Media Center, open 7:30-3:00 (open until 8:00pm on the 16th & 18th).

Online Store at: <https://www.scholastic.com/bf/trimontelementaryschool>

E-Wallet Feature - Create an electronic account for students to make in-person purchases.

Look for information coming from Mrs. Stoffel (***)Sherburn Book Fair is scheduled for spring)



Community Kindness

Sherburn janitor, Tony Hed, built some XL wooden building blocks for Mrs. Jensen's kindergarten class. Mrs. Jensen's original set was showing its age and needed to be disposed of. Retail replacement of the set would've come at a cost upwards of \$1000. Tony modeled the original set of blocks and surprised Mrs. Jensen with a new handmade set!



The Helmers family shared a giving back moment in honor of their mother, Lola Helmers, who lost her battle with cancer 2 years ago. Lola Helmers was a paraprofessional at Sherburn Elementary school. In honor of Mrs. Helmers, her family purchased 6 Active Kids Chairs that were on Mrs. Geiger's Amazon Wish List. The family shared, "She would have loved to have helped in your classroom – so this is one way that she can."

Please join us in our gratitude for Tony Hed and the Helmers Family's generosity.



November NO SCHOOL Dates

November 3rd there will be at 12:15pm early dismissal, no afternoon school.

November 19th is an all day teacher workshop, no school all day for students.

November 25-26th is fall break, no school for students all day for both days.



Administration Locations and Contact Information

Autumn Welcome, Elementary Principal

autumnwelcome@mcwmavericks.org

Monday, Wednesday, Friday - Sherburn

Tuesday, Thursday - Trimont

Karen McConnell, Elementary Dean of Students

karenmcconnell@mcwmavericks.org

Monday, Wednesday, Friday - Trimont

Tuesday, Thursday - Sherburn

Upcoming Events

- ★ 11/1/21 - Sherburn Hearing & Vision Screening
- ★ 11/2/21 - Trimont Hearing & Vision Screening
- ★ 11/3/21 - Early Dismissal Staff Workshop, Shuttle Buses 12:15, Route Buses 12:30
- ★ 11/5/21 - End of Quarter 1
- ★ 11/16/21 - K-6 Parent Teacher Conferences 4p - 8p
- ★ 11/18/21 - K-12 Parent Teacher Conferences 4p - 8p
- ★ 11/19/21 - All Day Teacher Workshop, No School 1
- ★ 1/25 & 11/26 - Fall Break, No School



Community Education & Recreation

Nickole Bowie, Director • nickolebowie@mcwmavericks.org • 507-764-2336

SHARKS IN THE WATERS: Taxes, Long Term Care, Probate and Lawyers

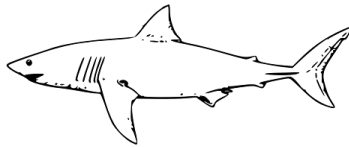
Description: This course will teach you to avoid the biggest sharks in the waters of estate planning. Attorney, Hannon T. Ford, will teach you how best to plan for your loved ones while avoiding the unnecessary taxes, costs and legal problems. We will discuss trusts, wills, powers of attorney and health care directives and their best uses.

Date and Location: November 4, 2021 at the High School in Sherburn

Time and Cost: 6:30PM - No cost

Register by calling 507-764-2336, emailing nickolebowie@mcwmavericks.org

Registration is due by Monday, November 1, 2021



Make and Take: DIY Mason Jar Gifts (Adult Hands On Class)



Mason jars aren't just for canning anymore! Come participate in this fun, hands-on class and make two various gift jars perfect to give to any of your friends, family, neighbors, or etc! Creative, useful, and in-expensive! All supplies are included.

*Space is limited to 15 attendees

DIY Mason Jar Gifts-December 2nd 6-7 PM

Price: \$35/person

Minimum 5 Register by November 22, 2021

Register on the school webpage.

Santa's Little Chefs (Children's Cooking Class)

Health(ier) holiday-themed snacks without the added sugar highs! Join Jackie for this children's hands-on cooking class. We will be making a few recipes sans gluten, refined sugars, grains, and artificial colorings. All supplies are included.

On the Menu:

Strawberry Banana Candy Canes

Healthy Holiday Snack Mix

Rudolph Celery Snacks

*This class is suitable for children ages 6-10 years old.

Space is limited to 12 attendees.

Santa's little chefs- December 21st 6-7 PM

Price: \$35/person

Minimum 5 - Please register by Dec 13 Register on the school webpage.



Cupid's Creations (Children's Cooking Class)

Join local holistic nutritionist, Jackie Mart, in celebrating her Valentine's Day Birthday by making HEALTHY, holiday-themed, party foods! Eat, Drink, and be Mine.

On the Menu: ♥

Red Velvet Heart Cookie Dough Dip
Cherry Berry Love Smoothie
Cupid Kabobs

*This class is suitable for children ages 6-16 years old.

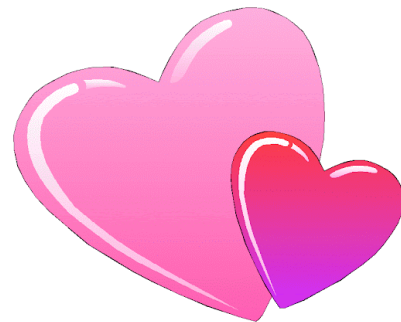
Space is limited to 12 attendees.

Cupid's Creations-February 1st 6-7 PM

Price: \$35/person

Minimum 5 Registration due by January 24, 2022

Register on the school webpage.



Make and Take: DIY Beauty Product Workshop (Children's Class)

Show yourself a little self-love by making some natural gifts for yourself! (or make as a gift) Here are the items we will be making. All the products contain few ingredients and are completely NATURAL (using real non-toxic ingredients and essential oils)

- 1) Facial Floral Toner
- 2) Sugar Body Scrub
- 3) Shiny Lip Gloss

*This class is suitable for children ages 8-16 years old.

Space is limited to 12 attendees.

DIY Beauty Product workshop-February 2nd 6-7 PM

Price: \$35/person

Minimum 5 Registration due by Monday, January 24, 2022

Register on the school webpage.

DIY Dog Treats (Children's Cooking Class)

Your 4-legged friends deserve some treats every now and again too! Join local holistic nutritionist, Jackie Mart, and whip up some grain-free goodies to take home for your favorite furry BFF! All supplies are included.

*This class is suitable for children ages 6-12 years old.

Space is limited to 12 attendees.

DIY dog treats-March 23rd 6-7 PM

Price: \$35/person

Minimum 5 Registration is due by March 14, 2022

Register on the school webpage.



Food for Your Skin (Adult Class with Tasting)

Looking healthy and radiant on the outside begins on the inside! Join local holistic nutritionist, Jackie as she navigates through foods that help increase collagen, ward off wrinkles, age spots, and help give your skin a nice, healthy glow! It all starts in the digestive system and floods your body with nutrients! A few tasty skin food recipe samples will be provided!

Food for your skin-March 24th 6-7 PM

Price: \$35/person

Minimum 5 Registration due by March 14, 2022

Register on the school webpage

Girl Power-Self Love Boot Camp: (GIRLS Grades 6th-8th) 4 Weeks Total: 1.5 hour sessions

In this GIRLS ONLY camp, campers will join local holistic nutritionist and motivational speaker, Jackie Mart, for an EMPOWERing 4 weeks!! We will be learning about each of the different self-empowerment topics below. Each weekly session will be filled with education, exploring, open discussions, and engaging and creative activities based on the theme of the day!

Self-Care (Stress, exercise, nutrition, sleep, personal hygiene)

Self-Confidence (Body image, mindset, self-talk, affirmations)

Self-Respect (Healthy relationships, setting boundaries)

Self-Growth (Goal setting, life purpose, daily intentions)

*This class is suitable for GIRLS in 6th-8th grade.

Space is limited to 15 attendees.

Girls Power-Self Love Boot Camp- Series of 4 Sessions

Mondays in April- 4th, 11th, 18th, 25th 6-7:30 PM

Price: \$180/girl

Minimum 5 Registration is due by March 28, 2022

Register on the school webpage.



Fighting Inflammation (Adult Lecture)

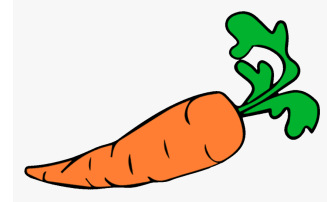
Come learn about what inflammation is and what causes it. Jackie will also share what foods drive inflammation and which foods fight it!

Fighting Inflammation-May 4th 6-7 PM

Price: \$35/person

Minimum 5 Registration due by April 28, 2022

Register on the school webpage.



Sleep-The Food/Brain Connection (Adult Lecture)

Tired of Not Sleeping? Learn the basis of sleep including your sleep/wake cycles or circadian cycle, how cortisol levels affect sleep, ways to improve your sleep, factors that affect your sleep/wake cycles, and foods/beverages that could be hindering your zzz's!

Sleep -The food/brain connection-May 5th 6-7 PM

Price: \$35/person

Minimum 5 Register by April 25, 2022

Register on the school webpage.

Fitness Classes -

Instructor - Mary Janssen

Stronger - Tuesdays at 4:15 pm in the Sherburn Elementary Music Room. 45-minute class for all levels (modifications will be given throughout). The focus will be on strengthening with a variety of techniques including Pilates, Barre, and more! Some classes may also include bonus cardio. \$5 per class. Punch cards available. Please bring your own mat and water.



Yoga - Thursdays at 4:15 pm in the Sherburn Elementary Music Room. 1-hour class for all levels (modifications will be given throughout). Yoga is a full-body practice that can improve strength, flexibility, balance, mindfulness, and more. \$5 per class. Punch cards available. Please bring your own mat and water. You may also want to bring (optional) a blanket, blocks, and strap if you have them and wish to use them.

2 Reminders:

1) we follow the school schedule for closings (holiday and weather-related)

2) Check [facebook.com/odysseymindbody](https://www.facebook.com/odysseymindbody) for updates and more information

Swimming Pool - Come out and enjoy our six lane, heated, indoor swimming pool with a ramp for easy accessibility. Several types of exercises and recreational equipment are available for use including a diving board.

Open Swim

Saturday, Sunday, 1:00-4:00pm

Open to all ages and abilities. A lap lane will be made available upon request.

Fitness Swim

Monday, Wednesday, & Friday, 6:00-7:00am and 5:30-6:30pm

Saturday, 12:00-1:00pm

Swim laps or exercise with optional equipment.

Water Aerobics

Monday, Wednesday, & Friday, 7:00-8:00am

Self-directed exercise with optional equipment or swim laps.

Special Needs Swim

Wednesday, 6:30-7:30pm

Anyone with mental, physical, or emotional disabilities are welcome.

Pool Rental

The pool is available for private rental starting at \$50. Contact pool for info.

Admission Rates

Adult Open Swim: \$4.00

Student Open Swim: \$3.00

Preschool: Free

Fitness Swim: \$3.00

Water Aerobics: \$3.00

Special Needs Swim: \$3.00

20 Swim Punch Pass: \$50.00

Punch passes can be for an individual or family, used for any swim, and never expire.



For more information and registration forms, visit the MCW website

www.martin.k12.mn.us

MCW DRAMA DEPARTMENT

Our Fall Musical, **The Addams Family**,

has been **postponed** until April 1-3, 2022.

In the meantime, we are rehearsing lines
and music,

learning dance steps
and building sets.

We look forward to
seeing you at



Sherburn Theatre April 1, 2, & 3, 2022

JR/SR HIGH SCHOOL MEDIA CENTER

*We welcome you to come view the
updates in our Media Center.*

*We have new carpet, paint, and
furniture in a welcoming, open concept layout .*



*There are new laptop computers for
student use, and a large selection of
new books to check out.*



Biny Claussen, Drama Director & Media Center, MCW JR/SR HS



MCW FFA and Ag Department

Fruit Sales Delivery

FFA fruit will be delivered to MCW on Monday, November 29th. All fruit/meat/cheese/Butter Braids need to be picked up by students/parents that day. If you cannot deliver it that day, you need to make arrangements to keep it refrigerated or frozen (Butter Braids). FFA members will receive a link to sign up for a pickup time on the 29th.

Career Development Events

MCW hosted four Region 6 CDE competitions in October. The MCW Forestry team placed 1st in the region (Nick Matejka was the region winner and the other individuals all placed in the top 6!). The Horse Evaluation CDE placed 2nd and Soils CDE teams placed 3rd in the region.

Upcoming Events

November 29th - Fruit Delivered to MCW

December 8th - High School FFA shops for Maverick Christmas

December 9th - Junior High FFA wraps presents for Maverick Christmas

December 14th - Region LDE's - Parliamentary procedure, novice parliamentary procedure, public speaking, extemporaneous speaking, creed, discussion meet



Swimming Pool News

Lifeguard Training

Saturday and Sunday, November 20th-21st at 8:00am – 4:00pm

Location: JCC Pool in Jackson

Cost: \$175

Register by November 10, 2021. Must be 15 years old by November 21, 2021. All candidates successfully passing this class will be considered for employment at MCW Pool.

Weather Related Closings

If school is late, there will not be morning swims, if school is dismissed early, there will not be evening swims, if school is closed, the pool will be closed. A separate notice will not be sent.

Notice of Schedule Changes and Pool Updates Via Email

If you would like to be on the email list for schedule changes and pool updates, please contact elizabethviesselman@mcwmavericks.org.

MCW Pool Gift Certificates

Give a gift certificate to the pool this holiday season.

Swimming Lessons

Watch for notices of lessons that are being planned.

Open Swim

Saturdays & Sundays at 1:00pm – 4:00pm

Open to all ages and abilities. A lap lane will be made available upon request.

Fitness Swim

Monday, Wednesday & Friday, 6:00-8:00 a.m. and 5:30-6:30 p.m.

Saturday, 12:00pm – 1:00pm

Swim laps or exercise with optional equipment.

Aerobics

Monday, Wednesday & Friday, 7:00-8:00 a.m.

Self-directed with optional equipment or swim laps.

Special Needs Swim

Wednesday, 6:30-7:30 p.m.

Anyone with mental, physical or emotional disabilities is welcome.

Rental

The pool is available for private rental starting at \$50.00. Contact elizabethviesselman@mcwmavericks.org for information.

Admission Rates

Adult open swim	\$4.00	Fitness swim	\$3.00
Student open swim	\$3.00	Water Aerobics	\$3.00
Preschool	Free	Special Needs swim	\$3.00
20 swim punch pass	\$50.00		

Punch passes can be for an individual or family, can be used for any swim and never expire.

Lifeguard Training

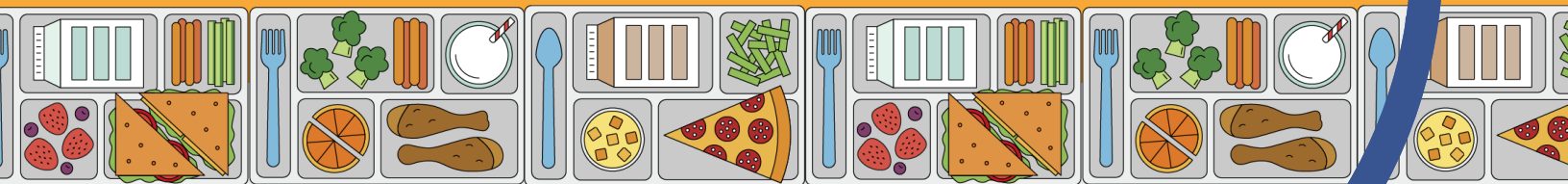
- What: Red Cross Lifeguard Training class
- When: Sat. Nov. 20th, 8:00 a.m. - 4:00 p.m.
Sun. Nov. 21st, 8:00 a.m. - finished
On line portion to be completed before class
- Register by Nov. 10th
- Where: Jackson County Central HS swimming pool
- Cost: \$175 (includes materials)
- Who: Anyone at least 15 years old by Nov. 21st that wants to be a certified lifeguard to become employed at local swimming pools.
- Contact: Elizabeth Viesselman at 764-3651
Rachel Haar at 847-5030

LIFEGUARD



It's so much more than a meal application.

Even though school meals are free this year, we encourage you to turn in your meal application today to take advantage of additional benefits for you and your family, while also helping our school.



School Funding

May provide additional funding for state and federal programs and services at our school.



Athletics

May result in free or discounted fees to participate in activities.



Internet Access

May qualify you for discounted rates on home internet service.



P-EBT

Determines eligibility to receive Pandemic EBT benefits.



Academic Tests

May qualify you for reduced registration fees for AP, SAT, and/or ACT tests. May also qualify you for discounted rates associated with college admissions.



BREAKFAST

NOVEMBER 2021

Martin County West

Menu subject to
change without
notice

Monday

Cereal/Toast
Fruit Choice
Juice Choice
Milk

1

Tuesday

Frudel Bar
Fruit Choice
Juice Choice
Milk

2

Wednesday

Biscuits
Gravy or Jelly
Fruit Choice
Juice Choice
Milk

3

Thursday

French Toast Sticks
Fruit Choice
Juice Choice
Milk

4

Friday

Egg/Toast
Fruit Choice
Juice Choice
Milk

5

Cereal/Toast
Fruit Choice
Juice Choice
Milk

8

Cinnamon Roll
Fruit Choice
Juice Choice
Milk

9

Pancake on a Stick
Fruit Choice
Juice Choice
Milk

10

Breakfast Sandwich
Fruit Choice
Juice Choice
Milk

11

Egg Taco
Fruit Choice
Juice Choice
Milk

12

Muffin Choice
Fruit Choice
Juice Choice
Milk

15

Cereal/Toast
Fruit Choice
Juice Choice
Milk

16

Pancakes
Fruit Choice
Juice Choice
Milk

17

Breakfast Pizza
Fruit Choice
Juice Choice
Milk

18

**No School
Teacher In-Service**

19

Cereal/Toast
Fruit Choice
Juice Choice
Milk

22

Frudel Bar
Fruit Choice
Juice Choice
Milk

23

Yogurt Parfait
Fruit Choice
Juice Choice
Milk

24

**No School
Thanksgiving**

25

**No School
Thanksgiving Break**

26

Cereal/Toast
Fruit Choice
Juice Choice
Milk

29

Assorted Donuts
Fruit Choice
Juice Choice
Milk

30

Breakfast include choice of fruits/veggies, meat/ meat alternates, grain, & milk. Grains are at least 51% whole grain.

Milk is low-fat or fat free plain or fat free flavored

Must choose 3 items, one being fruit or veggie, to count as a complete breakfast.

Fresh and/or canned fruits and 100% fruit juices are offered every day.

Cold cereal is offered every day





NOVEMBER 2021

Martin County West School

Menu subject to change
without notice. Sorry for
any inconvenience

Monday

Mr Rib on a Bun 1
Potato Wedges
Veggie Choice
Fruit Choice

Fish Wedge 8
Mashed Potatoes
Gravy
Fruit Choice
Dinner Roll

Corndog 15
Baked Beans
Cucumber Slices
Fruit Choice

Pizza 22
Green Beans
**Broccoli Salad
Fruit Choice

Orange Chicken 29
Fried Rice
Stir Fry Veggie
Mandarin Oranges

Tuesday

Chicken Fajita 2
Tortilla Shell
Peppers/Onions
Refried Beans
Fruit Choice

Tacos 9
Assorted Taco Toppings
Tortilla Shell
Fiesta Beans
Fruit Choice
**Spanish Rice

Lasagna Roll Up 16
Garlic Bread
Green Beans
Fruit Choice

Nachos 23
Cheese and Meat
Assorted Fresh Veggies
Fruit Choice

Meatballs 30
Mashed Potatoes
Gravy
Green Beans
Fruit Choice
Dinner Roll

Wednesday

Hotdog/Bun 3
Baked Beans
Carrot Sticks
Apple Slices

Early Out

Pulled Pork/Bun 10
Calico Beans
Cole Slaw
Fruit Choice

***New Item*Tatchos** 17
Tator Tots, Taco Meat, Cheese
Fiesta Beans
Seasoned Rice
Fruit Choice

Popcorn Chicken 24
Mashed Potatoes
Corn
Gravy
Fruit Choice
WG Dinner Roll

**High School meals include a
fruit/veggie bar with let-
tuce/romaine (dark green mix),
raw veggies, fresh fruit, and/or
canned fruit.

Thursday

Cheese Omelet 4
Cinnamon Roll
Breakfast Potatoes
Pepper Slices
Fruit Choice

Chicken Strips 11
Mashed Potatoes
Corn
Fruit Choice
Bread Stick

Roast Turkey 18
Mashed Potatoes
Stuffing
Corn
Fruit Choice

No School 25
Thanksgiving

Friday

Chicken Alfredo 5
Rotini Pasta
Steamed Broccoli
Fruit Choice
Garlic Bread

Hamburger/Bun 12
Assorted Fresh Toppings
Oven Fries
Carrots
Fruit Choice

No School 19
Teacher In-Service

No School 26
Thanksgiving
Break

*Elementary
**High School



Lunch Notes: All breads are a minimum of 51% whole grain. Salad dressings are all fat free or light. Milks are low fat or fat free. Fresh and canned fruits are available every day. A complete meal consists of 1/2 C of fruit or veggie plus 2 more meal components. If not taking a complete meal you will be charged ala carte prices. **All student meals are free as long as you take the required items.** Due to COVID there will not be salad bar available at the elementary schools until further notice.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Varsity Volleyball Sub Section playoff 6:00 @ St.James TBD/TBD Girls HS Hockey starts	2	3	4 Varsity Volleyball Sub Section Playoff 6:00 @Mankato East	5 END OF 1 ST QUARTER Varsity Football Playoff 7:00 @SMSU	6 Boys/Girls Cross Country State Toury @ Saint Olaf Varsity Volleyball Section Tourney @ St.Peter
7	8 Gymnastic: Girls Varsity Begins@ Liv fit Jr.High B/G Basketball Starts	9	10	11 Girls Volleyball State Tourney @Excel Energy Center	12 Girls Volleyball State Tourney@Excel Energy Center	13 Girls Volleyball State Tourney @excel Energy Center
14	15 Boys Hockey Starts Girls Basketball Starts	16 Parent Teacher Conferences 4-8 @ HS	17	18 Parent Teacher Conferences 4-8 @HS	19 No School Teacher Workshop B Girls BB @5:45 HS A Girls BB @7:15 HS School Play @7:00 Sherburn Theater	20 School Play @7:00 Sherburn Theater
21 School Play @2:00 Sherburn Theater	22 Westling Starts Boys Basketball Starts	23 7/8 Girls BB 4:30 @ Cleveland	24	25 No School Thanksgiving Break	26 No School Thanksgiving Break	27
28	29 C Girls BB 4:30 @ HS B Girls BB 5:45 @ HS A Girls BB 7:15@ HS 7/8 Boys BB 4:30@Trimont	30 C Girls BB 4:30@ HS B Girls BB 5:45@ HS A Girls BB 7:15@ HS 7/8 Girls 4:30 @ LCWM Varsity Gymnastics Meet 6:00 @ Liv Fit				