

September 2022

Martin County West

Hello, MCW Families!

I hope you have enjoyed a fabulous summer filled with fun and adventure. I can tell the beginning of the school year is getting closer because all the floors are so shiny and every day there are more teachers working in their classrooms to prepare. Hopefully you have completed the items on the back to school family checklist so your children are all set to begin the new school year.

As I have written about in this space a few times already, our school district has a new strategic plan that lays out the overarching goals for us to work on together for the next three to five years. We have already been hard at work implementing some of the goals this summer with more work to be done this school year. Our plan is ambitious and we will need help from the community to make it happen.

The two focus areas we are concentrating on right now are Planning for Student Success and Designing Future-Ready Facilities. Planning for Student Success involves reviewing and updating our curriculum in each subject area at each grade level. This means a team of teachers will use the standards enacted by the state legislature to come up with a plan for what is taught and what materials are used to teach it here at MCW. This plan will be reviewed by a District Advisory Committee made up of staff, parents, and community members before it goes to the school board for adoption. Watch for more information coming soon about how to join the District Advisory Committee and be involved in the process of determining what our students will learn in our schools.

The Designing Future-Ready Facilities focus area sets a goal for developing a long-term plan for school district buildings. We as a school district are at a crossroads where the spaces we have do not match the students we have and the way we want to deliver instruction. In addition, our financial resources are not enough to support the operation of three school buildings with the number of students we serve. The School Board has engaged the services of a firm that has a lot of experience helping school districts figure out what needs to be done to make our space match our needs. They are starting by assessing the condition of each of our buildings. Then they will talk to our staff about the degree to which their space supports their work with students. We will study our birth rate

to get an understanding of who our students will be in the coming years. We will share this information with the community and ask you all to weigh in with ideas and opinions for how to proceed. Watch for more information about what we are learning and how to share your perspective on it starting as early as this fall.

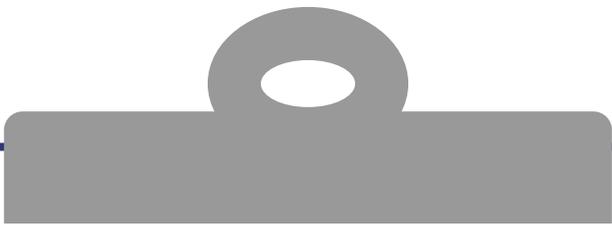
As you can see by what I have just described, we have a lot of hard work to do together this year. I am so thankful to have a great staff, wonderful students and families, a supportive community, and knowledgeable experts to help us fulfill our mission to “provide an engaging education that nurtures learners who are confident critical thinkers prepared to contribute to an ever-changing world.” I am so excited to get the school year started!

In partnership for education,
Cori Reynolds, Superintendent

School Starts
September 6th for Grades 7-12
September 8th for Grades K-6
Starting and Dismissal Times
8:20 a.m. – 3:06 p.m.

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MCW Back to School Family Checklist

- ❑ **Register Students *Now online!***
Beginning August 10, visit martin.k12.mn.us for the link and instructions to our new system. Call the school office for help. Please register by Aug. 22.
- ❑ **Fill out and send in the Application for Educational Benefits**
This [form](#) is for more than just free or reduced price meals; it helps the schools get more funding and impacts our athletic classification.
- ❑ **Put \$ in the meal account *Now online!***
Fees will be charged for meals again this year. Login to School Pay [here](#) to add money online.
- ❑ **Gather Medical Information**
The school nurse needs copies of student shot records (see what's required [here](#)) and information on medications given in school (forms [here](#)). Some athletes need a physical. Turn it all in at conferences or orientation.
- ❑ **Grades K-6: Schedule Parent & Teacher Conferences**
Starting Aug. 22 and after students are registered, call or visit the office to schedule.
- ❑ **Grades 7-12: Attend Orientation & Open House on August 31**
4:15-6:30: 7th graders and new students. 6:15-7:30: Any 7th-12th graders.
- ❑ **Grades 7-12: Turn in Athletic Forms & Fee**
Junior and senior high athletes must return their forms, fees, and physicals to the High School office before they will be allowed to participate. Fee info is [here](#).

martin.k12.mn.us





MARTIN COUNTY WEST PUBLIC SCHOOLS

Independent School District No. 2448
105 East 5th Street, Sherburn, MN 56171
martin.k12.mn.us | 507-764-2330

August 16, 2022

Dear Martin County West Families,

As the near school year approaches, I want to share information on how Martin County West Schools will handle the ongoing presence of COVID. We have moved into a new stage of the COVID pandemic where our efforts with COVID are very similar to how we handle other communicable or infectious diseases. Our plans are based on "[Best Practice Recommendations and Case Reporting](#)" published by the Minnesota Department of Health (MDH) and are as follows.

Precautions

Martin County West Schools will continue to implement the following precautions to reduce the transmission of common illnesses, including COVID:

- Handwashing and Respiratory Etiquette: We will offer education on proper handwashing and safe sneezing and coughing techniques through instruction by the school nurse and signage throughout the buildings.
- Staying home when sick: As always, we will ask families to keep students home when sick and will request students who become sick during the school day to be picked up immediately. Students may return to school once they have been symptom-free with no medication for 24 hours.
- Cleaning and disinfection: Surfaces will be cleaned and disinfected regularly.

Testing Option

Martin County West School District has a supply of BinaxNOW over the counter Covid-19 testing supplies for use by students, families, and staff. These testing supplies were provided through the Minnesota Department of Health and are intended to be used at home. Tests will be available upon request as long as supplies last. More information on the BinaxNOW testing supplies can be found on the MDH website [here](#). At this time, there will be no COVID testing at school.

Isolation and Quarantine

Martin County West School District will follow current CDC and MDH recommendations regarding what to do if a person tests positive for COVID and/or if a person is exposed to COVID.

According to the MDH [COVID Quarantine Guide](#), a person who tests positive for COVID should quarantine at home for 5 days and may return to school on day 6 as long as symptoms are improving and they have been fever-free for 24 hours. It is recommended that they wear a mask for days 6-10.

Confirmed cases of COVID among students and staff will be reported to MDH according to the [Communicable Disease Reporting Rule](#). Please report cases of COVID to School Nurse Megan Morgan at 507-764-2330 or meganmorgan@mcwmavericks.org.

The schools will no longer notify staff and families when there is a confirmed case of COVID in their children's class or among their close contacts at school.

According to the CDC guidelines [here](#), a person who has been exposed to COVID but has no symptoms does not need to stay home from school. It is recommended that they wear a mask for 10 days and consider testing 5 days after their last exposure.

These plans are based on the most current recommendations available but could change if conditions in our community change. We will update families and staff of any changes as soon as possible.

We look forward to a school year with significantly fewer COVID disruptions so we can focus on the MCW mission to "provide an engaging education that nurtures learners who are confident critical thinkers prepared to contribute to an ever-changing world."

In partnership for our children's education and health,



Cori Reynolds
Superintendent



MCW JR/SR High School

September Newsletter

Dates to Remember

*First Day of School
Grades 7-12
September 6, 2022

*MCW Homecoming
Week October 3rd -
7th with the football
game scheduled for
Friday, October 7th at
7:00 p.m.

*Mid Quarter October
5th

*MEA Break October
21st - 22nd.

*'22-23 Upcoming
Early Outs
October 20,
November 23,
December 14, January
25, February 15, and
March 15

Hello MCW families, I am excited to be a part of the Jr/Sr High School again! I experienced lots of learning during the past school year as an Elementary Principal, but after 17 years of working with junior high and high school students, I have to say that it is good to be back! With that said, I love the connections I made with all of the “littles” and how excited they are when I see them out and about. If you have an incoming 7th grader that is a little nervous, remind them that I told them I was moving to the Jr/Sr High School with them so all will be well! :-)

The first month of school is always an exciting time, full of anticipation and expectations. There are new teachers, new classes, new friends and new challenges. My own two boys are starting their tenth grade year and senior year so my house is full of all of those feelings too. Whether you have a 7th grader or a 12th grader or anything in-between, my hope for us all is to embrace, support and celebrate the excitement and areas for growth that we will face in this upcoming new school year. Happy September! ~Autumn Welcome

Back to School Supplies List Link - <https://www.martin.k12.mn.us/Page/71>

Senior Interviews - Mrs. Hornick, the school Guidance Counselor, will be meeting with seniors before school starts and during the first month of school to review schedules, plan for their senior year and review post-secondary plans. Mrs. Hornick wants to help Seniors in any way that she can as they plan for their final high school year and beyond.

5th St. Parking - Due to city road construction, no parking can occur on 5th Street in front of the Jr/Sr High School until further notice.

Student/Parent Handbook - Students receive the handbook in their student planners, also linked [HERE](#) on the website. The handbook provides information on school practices and expectations. Please look it over together! Common handbook violations are dress code, cell phone usage and attendance. Remember:

- Students come to school to learn, it is hard to learn while listening, watching, texting or reading a cell phone.
- Students come to school to learn social practices and expectations; I like to think of school as a student’s job. Jobs come with expectations such as dress code requirements. Even though short shorts and crew cut shirts are in style, there is always a time and place to wear them, school is not the place.
- Students can’t learn if they are not here... Did you know that a student that is chronically absent is a risk for dropping out and students that drop out are at risk for being unemployed, having substance abuse issues, being teen parents and being involved with the law.

Please help us at school enforce these policies for the best outcome for student learning

Stay Informed - The **District webpage**, <https://www.martin.k12.mn.us/> will serve as a hub for all things related to returning to school and changes in plans throughout the school year., please check in regularly for updates. Another informative connection point is our Facebook page at <https://www.facebook.com/mcwJHSHschool> LIKE US!

Trimont Elementary

September, 2022

Dates to Remember:

Sept. 6-7 - Back to School Conferences

Sept. 8 - School begins K-6

October 3-7 – MCW Homecoming week

Oct. 19 – Early Dismissal

Oct. 20-21- EA Break

**Trimont Elementary
School Office**
Hours 7:30am - 4:00pm.

If you are sending lunch money to school with your child in the form of cash, please be sure to place in an envelope with your child's name on it.



Follow us on Facebook
at [MCW Trimont Elementary | Facebook](https://www.facebook.com/MCWTrimontElementary)

Bus Safety

Appropriate behavior on the bus is an important part of the school day for many of our students. The ride to and from school can have a big effect on a child's ability to focus during the school day. Transportation to and from school is a privilege, therefore students are expected



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to follow the behavioral expectations on the bus. Remember to:

- Follow driver directions and obey all laws and safety rules for your bus
- Place trash in receptacles
- Use positive tone, volume and language while on the bus
- Stay in your seat facing forward, keeping hands & feet to self
- Report suspicious/dangerous behavior and acts of bullying
- Be on Time

Picture Day

Trimont Elementary school picture day is scheduled for October 23. We will be working with Jostens this year and the ordering process will be online. More information will be shared with families as we get closer to this date.

Back to School Conferences

MCW will be hosting K-6 conferences September 6th and 7th. Parents will need to sign up for a time to meet with their child's teacher. These 20 minute conferences will give parents and students the opportunity to meet with their teacher prior to the start of the school year. Back to School conferences are an important part of starting the year off on a positive note and are a great opportunity to get students ready for learning.

Student Pick-up and Drop-off Zones *"Safety is Everyone's Responsibility"*

The parking lot and surrounding areas at Trimont Elementary can be a very busy place, especially during pick-up and drop-off times. With the higher levels of traffic comes an increased level of safety concerns. Please plan on taking extra time when near the school and put mobile devices away. The safety of our students is our top priority.

Michele Baker
Trimont Elementary Principal
michelebaker@mcwmavericks.org

September Newsletter
Nickole Bowie, Sherburn Elementary Principal
nickolebowie@mcwmavericks.org



It has been an exciting start of the school year! The janitorial staff have worked very hard this summer to have everything cleaned up and ready for students and staff for the upcoming school year. Carolyn has put the office back together and is very ready to have students back in the building. A true sign that the first day of school is near is the teachers and paraprofessionals that are starting to trickle into the buildings to prepare for the students that will be arriving soon. I can't say enough about the dedicated staff here at Martin County West Sherburn Elementary School! Together they make this place a great place for kids to be.

Back to School Parent-Teacher Conferences - Schedule with Carolyn

September 6th - 12pm to 8pm (Coaches may schedule alternative evening times, options will be available)

September 7th - 8am - 12pm

Take advantage of conference time to interact with your child's teacher. Not only is this a great opportunity for students to become acquainted with their teacher and classroom, it also provides a time for the sharing of important information that will benefit your child's successes in this upcoming school year.

Back to School Supplies List Link - <https://www.martin.k12.mn.us/Page/71>

Student Pick-up and Drop-off Zones “Safety is Everyone’s Responsibility”

★ The parking lot and surrounding areas at Sherburn Elementary can be a very busy place. (Parents and buses dropping off students, students and staff walking into school...etc.) With the higher levels of traffic comes an increased level of concern pertaining to safety. Students don't always look before crossing the road and we need to take every precaution for the safety of all children. Please plan on taking extra time when near the school and put mobile devices away. Distracted driving is one of the leading causes of pedestrian/vehicle accidents.



Busing of Students

- ★ Support staff will be on duty beginning the first day of school and daily there-after at the Sherburn Elementary School site. Bus schedules will be posted at the school site when completed. Please call, if questions arise as to times of pick-up/drop-off of students.



School Pay

- ★ SchoolPay is the safest and easiest way to electronically pay for school-related fees. Eliminate last minute check-writing hassles and lost cash. SchoolPay allows parents to pay for items across many school departments and school non-profits from a unified checkout. This is a great way to pay for lunch fees and any other fees accrued at school. Click on the link to set up an account.

<https://www.martin.k12.mn.us/site/Default.aspx?PageID=91>

School absences and tardies

- ★ Please remember to call the school when your child is going to be absent, needs to leave school early, or will be late to school. It is very important that we keep accurate records of attendance.

Candy Bar Sales

- ★ Sales will run from October 12 to October 31st. More information to come!

Upcoming Events

- ★ **Parent Teacher Conferences** - September 6-7th
- ★ **1st Day of School K-6** - September 8th
- ★ **Homecoming Week** - October 3rd-7th - Watch for information from students' teachers regarding dress up days, parade and pepfest.
- ★ **Candy Bar Sales** - Sales will run from October 12 to October 31st.
- ★ **Early Out** - October 19th
- ★ **Fall Break** - October 20-21st

Stay Informed

- ★ The **District webpage**, <https://www.martin.k12.mn.us/> will serve as a hub for all things related to returning to school and changes in plans throughout the school year, please check in regularly for updates. Another informative connection point is our **Facebook page** at <https://www.facebook.com/sherburnelementary> LIKE US!

BUS ROUTES

Bus #2 – Ronda Quinn

Jeremy Stauffer – Brock	6:55
Janeen McDonald – Anna	7:00
Fairmont Mall	7:12
3 rd St. & Lake Ave	7:16
Paul Hein – Savannah, Stella	7:28
Kelly Fuhrmeister – Preston	7:31
Andy Gerhardt – Kaytlin	7:42

Bus #3 – Lisa Wohlhuter

Peter Ovrebo – Evan, Danielle	7:10
Robert Trueblood – Jazlynn, MacKenzie, Alex Hannah, Brayden	7:20
Ciro Street & 3 rd Avenue	7:22
Zaharia Funeral Home	7:24
Shane Kuehl – Easton	7:33
Brannon Paplow – Connor, Torrey	7:34
Dustin Drager – Ethan	PM
Jay Striemer – Isaac, Gabriel	PM

Bus #5 – Greg Wohlhuter

Anthony Salter – Lily	6:56
Brian Rode – Gus	6:59
Krystal Stover – Dade, Legend	7:00
Enid Whitehead – Levi	7:04
David Jensen – Kaden	7:09
Andy Truesdell – KayLea, Lily, Taylor, London	7:10
Lucas Miller – Allyson	7:13
David Mulder – Marek, Fiona	7:16
Green Acres	7:21
Dugan & 5 th	7:22
Becker Daycare	7:24
Weaver & Dugan	7:28
Holm Daycare	7:30
Grady Schwichtenberg – Colby	7:34
Brian Coulter – Ben, Kyle	7:38
Lori Koerselman – Callie, Cody, Chloe, Cooper	7:42

Bus #6 – David Jones

Shane Borntrager – Raelyn, Silas	PM
Randy Martin – Josh	6:55
Brooks Rohman – Ida, Stella, Oliver, Metja, Harold	7:04
Cory Andersen – Kylan, Colsan, Keatan	7:07
Eric Nielsen – Brooklyn, Jaxon	7:09
Dugan & 4 th	7:14
St. Paul’s Church	7:16
2 nd & Harrison	7:19
Richard Koons – Jerome, Levi, Ella	7:23
Amanda Kleinschmidt – Cooper	7:25
Chad Taylor – Madison	7:26
Angelic Nordhausen – Levi	7:26
Cameron Kamlitz – Nolan	7:29
Duane Engebretson – Trysten, Alexandria, River Prentice, Sawyer, Layla Kimberly	7:35
Stacie Lubben Daycare	7:49

Bus #7 – Tiffanie Waldee

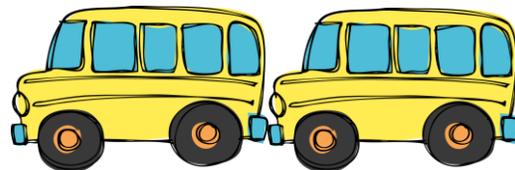
Ashley Thompson – Owen	6:52
Andrew Dorschner – Lila, Max	6:53
Jessie Kennedy – Lincoln, Skyler	6:55
Dunnell Park Shelter House	7:00
Bailey Scott – Rab, Juni	7:05
Robert Tiff – Cael, Keera, Kynlee	7:07
Jason Meyer – Isaac	7:10
Kevin Schmidt – Hunter	7:12
Cynthia Thompson – Harold, Charles	7:13
Chris Doolittle – Brody	7:14
Bryce Freking – Aliyah, MaKaylee	7:15
Lynn Thate – Riley, Hannah, Carter	7:16
Jake Thate – Ava, Paige	7:17
Tad Engstrom – Isaak, Merrick	7:18
Mark Jewison – Tavoe	7:24
Tyler Sinn – Corbyn	7:25
Sam Meixell – Noah, Eli, Maxton	7:26
Brandon Clark – Jacob, Hayley, Allison, William	7:28
Kyle Engstrom – Jaxson, Preston	7:29
Trishia Bliesmer – Matthias, Melody	7:30
Swanson Drive & Temperance Lake Road	7:32

Bus #9 – Joe Neppl

Jennifer Hughes – Logan, Taylor	6:50
Chase Crawford – Jack, Finch	6:52
Cole Truesdell – Ailey	6:54
Lana Jurs – Silas	6:55
Adam Poppe – Tyler	7:02
403 Center Street	7:12
Ceylon Fire House	7:15
Nicole Kolbe – Nathan, Brennan, James	7:18
Dustin Schultze – Adreyana, Alexa, Ayden	7:20
Peter Hartwig – Callen, Paige, Morgan	7:25
Alicia Miller – Joshua, Savannah, Levi	7:32
Catholic Church	7:35
Amborn Lumber	7:37

Bus #11 – Jim Lien

AJ Krusemark – Titus, Ezekiel	7:03
Wendy White – Beckett, Ramsey, Jensyn	7:10
Allison Sandberg – Levi	7:12
Sara Swanson – Milo, Oliver	7:16
Lauralynn Baarson – Rhilynn, Kaleb	7:18
Briana Glienke – Dezirae	7:19
Kelly Gyger – Liam	7:20
Kim Dougherty – Nevaeh, Braydon, Addyson	7:28
Brandy Hardisty – Lilly, Seth	7:29
Regan Olson – Vivian, Inga, Amelia	7:35
Travis Swanson – Alsada, Kate	7:38
Ben Scholl – Barret, Bryce, Blakely	7:40
Tasha Palmentera – Ian, Kade	7:45



BUS ROUTES

Bus #17– Deb Schoen

Amy Winter – Slade, Isabella	PM
Eric Schettler – Noah, Emily	PM
Carissa Johnston – Chyanne	6:59
Taylor Forsberg – Jamesson, Joseph, Ryelynn Lixon, Lincoln	7:03
Tony Peters – Elliana, Lillian, Everly	7:14
Steve Roben – Joshua, Cooper, Ruby	7:15
Bryan Hansen – Gracin, Elayna	7:18
Jeff Johnson – Christopher, Matthew	7:23
Gail Ross – Ron	7:25
Ben Muller – Bentley, Abel	7:28
South Main St & Cargill Street	7:30
Mary Broolsma Daycare	7:32

Bus #19 – David Weiss

Jeff Scholl – Huxton	6:50
Bridget Geiger – Avery, Bronx	6:51
Bruce Anderson – Courtney, Tanner	6:54
Luke Olson – Isaac, Jeremiah, Eli, Lillian	7:00
Amber Singleton – Talon	7:10
David McMains – Richard	7:14
Justin Hesby – Paityn	7:16
Matthew Peterson – Elizabeth, Sophia	7:25
Danielle Wilmes – Jacob, Jackson, Collin	7:30
Karla Geerdes Daycare	7:40
Lisa Fett Daycare	7:41
Texaco Corner	7:44

Van – Amy Lien

Colton Hilgendorf – Rylin, KaiLynn	7:20
Wes Anderson – Brayden	7:23
Alec Harder – Charlotte	7:28
Derek Koenecke – David	7:32
Dustin Sweeney – Liam, Jack	7:40

Announcements

- Routes are subject to change
- If your child will NOT be riding the bus in the mornings, please call one of the bus garage numbers between 6:20 a.m. – 6:45 a.m.
- Please contact the bus garage or your child’s school if they are not listed or if they will not be riding the bus
- If you have a kindergartener entering school this fall, please take some time and go through the home training lesson included in this newsletter. It is important that your child learns how to be safe around and on the bus.
- Please read through the Martin County West Bus Behavior Policy (included in this newsletter) with your child(ren). This policy not only pertains to those students that ride a morning and afternoon route but to all Martin County West students whenever they are on a bus.
- **Sherburn Bus Garage: 507-764-6731**
Trimont Bus Garage: 507-639-9361
Welcome Bus Garage: 507-728-8969



MARTIN COUNTY WEST SCHOOL BUS BEHAVIOR

Most behavior on the bus can be controlled by the bus driver. If a reprimand by the driver is not sufficient, the driver will contact the Safety Supervisor or if the behavior is serious in nature, substantially affects safety, or is persistent, the driver will contact the building principal. Each referral to the safety supervisor or building principal may result in one or more of the following:

- 1) Parent contact.
- 2) Assigned seats may be given to said student or all students.
- 3) Removal of riding privileges.
- 4) Legal action taken, State Safety Department contacted, and possible expulsion from school.

Continued behavior problems on the bus will extend the length of the loss of riding privileges.

Rules at the bus stop:

- a) Get to your bus stop five minutes before your scheduled pick up time. The school bus driver will not wait for late students.
- b) Respect the property of others while waiting at your bus stop.
- c) Keep your arms, legs and belongings to yourself.
- d) Use appropriate language.
- e) Stay away from the street, road or highway when waiting for the bus.
- f) Wait until the bus stops before approaching the bus.
- g) After getting off the bus, move away from the bus.
- h) If you must cross the street, always cross in front of the bus where the driver can see you. Wait for the driver to signal to you before crossing the street.
- i) No fighting, harassment, intimidation or horseplay.
- j) No use of alcohol, tobacco or drugs.

The following rules on the bus, in addition to other reasonable expectations of drivers, will be enforced:

- a) Immediately follow the directions of the driver.
- b) Sit in your seat facing forward.
- c) Talk quietly and use appropriate language.
- d) Keep all parts of your body inside the bus.
- e) Keep your arms, legs and belongings to yourself.
- f) No fighting, harassment, intimidation or horseplay.
- g) Do not throw any object.
- h) No use of alcohol, tobacco, or drugs.
- i) Do not bring any weapons or dangerous objects on the school bus.
- j) Do not damage the school bus – students will pay for any damage to the bus.
- k) Students will not eat or drink on bus without bus driver permission.
- l) No sunflower seeds will be allowed on buses.
- m) Students will not litter.
- n) Students will listen to driver in an emergency.
- o) Music on the bus will be at the discretion of the driver.

KINDERGARTEN SCHOOL BUS SAFETY HOME TRAINING LESSON

The 1994 School Bus Safety Legislation provides for school bus safety education to be taught in schools during the first week of school. The law also suggests that kindergarteners receive school bus safety training before they come to school the first day. The teacher who gives a child the most education over their whole life is his or her parent. We are asking that you teach your child about school bus safety. It is important; this information will help you explain to your child how to be safe around and on the bus. Spend some time with your child on these points. Explain the reasons why they are important, and go over them again three or four times on different nights so that your kindergartener will be a safe bus rider when school starts. Thank you.

Kindergarten Bus Safety Guidelines

1. Be ready for the bus at the scheduled time. (A concern is that bus riders who are late to stops often don't act safely, and so are in more danger than if they were ready on time.)
2. Wait until bus is stopped to move toward the bus and get on. (Often students get anxious to get on the bus as it arrives, so they run forward while the bus is still moving. This is dangerous because a student could slip and fall in front of the bus.)
3. After getting on the bus, go to a seat, sit down and stay in it. (Law requires that students be seated while a bus is moving. If a student is standing when the bus is moving, he or she may get knocked down or around by the movement of the bus. This could cause injury.)
4. Behave on the bus, don't make a lot of noise, it could distract the driver.
5. Do what the driver tells you to do.
6. Make sure that you get on the right bus – know your home bus number.
7. Be ready to get off the bus when it gets near your stop, but don't get up until the bus stops at your stop.
8. After getting off of the bus, walk away from the bus. Don't stay near it. If you have to cross the street, go at least 10 big steps in front of the bus, and wait until the driver waves for you to cross the street. **NEVER GO BACK TO THE BUS AFTER YOU GET OFF OF IT. IF YOU DROP SOMETHING, WAIT UNTIL THE BUS IS GONE, AND THEN GET YOUR MOM OR DAD TO GO WITH YOU TO GET IT.** (This is the most important instruction on this page. According to statistics, this is the area where most student fatalities occur. The three key points are to:
 - go 10 big steps in front of the bus
 - wait until the driver tells you to cross
 - never go back to the bus.

If your kindergartener doesn't have to cross still take time on these points, because the route may change with new riders or next year.)

Community Education & Recreation

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

For more information and registration forms, visit the MCW website

www.martin.k12.mn.us



CER Flag Football

Boys and Girls Entering Grades 1-3 this Fall

Practice and Games (Tentative)

Mondays and Tuesdays

September 6 – October 4

6:00 - 7:00pm

All practices & games are held at Fairmont Soccer Fields

Registration Fee: \$40

Mouth guards are required for all participants and are not provided by CER.

Coaches are needed.

Learning Unlimited – Adults with Disabilities

Learning Unlimited is a program that provides services, both activities and recreation to adults with disabilities. We are lucky to be a consortium to receive State Aid and Local Levy to support this adult population. There are very few places across the state that are lucky enough to be a part of this program. St. James is the fiscal host that serves these area school districts – Butterfield, Madelia, Martin County West, St. James and Truman. The program is delivered through Community Education and hopes to once again be able to provide services to our adults with disabilities population. Monica Junker originally wrote the grant for the program and worked with it for several years. Following Monica as coordinator was Tim Raymiller and Marie Doll. Most recently, Glenda Bechthold held the position until Covid shut activities down in March of 2020. Since that time the program has not been offered to our patrons. Glenda has recently been hired back to start the program again and will provide services to people with disabilities who live at home or in group homes within the service area in the coming weeks. This population like all of us are lonely and hungering for the ability to once again gather and be together. If you know of someone who would be interested in participating in this program or volunteering for the program please contact Dominique Berg at dominiqueberg@mcwmavericks.org or the Community Education Office: Martin County West – 507-764-2336.



CER Yoga Classes with Mary Janssen

Starting Thursday, Sept. 8!

Yoga - Tuesdays and 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. 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.

Learn How to Make Your Own Pajama Pants

Date/Time: September 13 and 15 - 7-9PM
Location: High School Foods Room - Sherburn MN

You will need:

- Pattern that is your size - basic pattern such as Sew Simple, one hour, or sewing for dummies.
- The amount of fabric as specified on the pattern envelope
- Thread to match
- Elastic 3/4 or 1" non-roll (ultimately more comfortable)
- Sewing pins and scissors
- Sewing Machine (There are a couple available if you don't have one. First come, first serve.)

Class cap: 10
Cost: \$35

Getting to know your Sewing Machine

September 27
7-9PM

You need to bring to class:

- Your machine
w/basic attachments/bobbins
- Scissors
- Pins
- 1/2 yard cotton fabric
- Thread to match
- 2# of inexpensive rice



Would you like to know how to use your sewing machine? Learn how to thread your machine and bobbin? Discover what it is capable of doing? In one evening, we will do just that and make a simple rice pack project using your machine.

Class cap: 10
Cost: \$35

High School Foods Room
Sherburn MN

Sewing Machines - (There are a couple available if you don't have one. First come, first serve.)

Death, Probate, and Taxes . . . Oh, My!: Estate Planning 101

Estate Planning 101 covers the basics everyone should know about estate planning. Learn how to avoid probate, taxes and other estate problems in a fun and relaxed classroom setting. Estate planning and Elder Law Attorney, Cassandra Lustfield, will teach the class about wills, trusts, powers of attorney, health directives or living wills and more.

October 27, 2022
High School Foods Room
6:30-8:30pm

Register at <https://forms.gle/2AsNiBzkEyVCRCFq6>

Welcome to
Saint Cloud State University's
Driver Discount Program
For Drivers Over 55 Years of Age

**GET 10% OFF YOUR CAR INSURANCE!
FOR 3 YEARS!**

8-HOUR CLASS FOR FIRST-TIME STUDENTS
4-HOUR REFRESHER COURSE FOR RETURNING STUDENTS

TO REGISTER FOR THESE OR OTHER CLASSES IN YOUR AREA CALL THE NUMBER
BELOW OR VISIT WWW.DRIVERDISCOUNTPROGRAM.COM

MCW Trimont Elementary School
111 Beech St; PO Box 268; Trimont, MN
Oct 8 (4 Hr Refresher) 9:30 AM to 1:30 PM

Minnesota Highway and Safety Research Center
1825 US HWY 133 S
Saint Cloud, MN 56304
1-888-234-1234
1-326-308-1400

Brought to you by
ST. CLOUD STATE UNIVERSITY

Insurance Refresher Class Date Change from Oct 8 to Oct 15!



MCW Swimming Pool Hours

Fitness Swim

Monday, Wednesday & Friday

6-8AM & 5:30-6:30PM

Saturday

Noon-1PM

Water Aerobics

Monday, Wednesday, & Friday

7-8AM

(pool shared with fitness swim)

Special Needs Swim

Wednesday

6:30-7:30PM

Open Swim

Saturday

1-4PM

The pool is available for private rental for groups in addition to the hours listed.



For more information and registration forms, visit the MCW website
www.martin.k12.mn.us



MCW FFA and Ag Department

Back to School Reminders!

As we begin the 2022-23 school year, here are a few reminders to get the FFA year kicked off!

- Pay FFA dues to the Jr/Sr High office OR on School Pay - dues are \$22 for high school members and \$15 for junior high members. Checks may be made out to MCW FFA.
- Have your FFA member complete our membership sign-up form. The link may be found in their FFA google classroom.
- If your FFA member is not in the FFA Google Classroom, please contact Mrs. Wohlhuter at stephaniewohlhuter@mcwmavericks.org

FFA on Social Media

If you are looking for information on upcoming events, or would like to be able to access pictures from recent events, please follow MCW on the following social media accounts:

- Facebook - Martin County West FFA Chapter
- Instagram handle - martincountywestffa

Upcoming Fall Events

Fruit Sales - MCW FFA will be hosting their fall fruit sales fundraiser in October. The fruit will be delivered the Monday after Thanksgiving.

Corn Drive - the corn drive will occur in late September/early October, depending on how harvest goes this fall. Look for more details in the coming month!

FFA Guide for Parents

If you've ever found yourself wanting to know a little more about what our FFA chapter is doing, what all those acronyms mean, etc, please click on this [link](#). This is a guide we developed specifically for parents of the MCW FFA chapter. To request a paper copy of this, contact stephaniewohlhuter@mcwmavericks.org.

2021-2022 Officer Team



Martin County West Public Schools

Central Office
105 E. 5th St.
Sherburn, MN 56171

Cori Reynolds, Superintendent

District Number 2448
(507) 764-2330
FAX (507) 764-2335
corireynolds@mcwmavericks.org

August 2022

Dear Parent/Guardian:

Our school provides healthy meals each day. Breakfast costs \$1.80. The lunch price for K-6 is \$2.60 and for grades 7-12 is \$2.80.

Your children may qualify for free or reduced-price school meals. To apply, complete the enclosed Application for Educational Benefits following the instructions. A new application must be submitted each year. At public schools, your application also helps the school qualify for education funds and discounts.

State funds help to pay for reduced-price school meals, so all students who are approved for either free or reduced-price school meals will receive school meals at no charge. State funds also help to pay for breakfasts for kindergarten students, so all participating kindergarten students receive breakfasts at no charge.

Return your completed Application for Educational Benefits to: Jessica Maday, MCW Central Office, 105 E 5th St., Sherburn, MN 56171.

Who can get free school meals? Children in households participating in the Supplemental Nutrition Assistance Program (SNAP), Minnesota Family Investment Program (MFIP) or Food Distribution Program on Indian Reservations (FDPIR), and foster, homeless, migrant and runaway children can get free school meals without reporting household income. Alternatively, children can get free school meals if their household income is within the maximum income shown for their household size on the instructions. To apply for free school meals, please complete the Application for Educational Benefits form.

I get WIC or Medical Assistance. Can my children get free school meals? Children in households participating in WIC or Medical Assistance do not automatically qualify for free meals. Children may be eligible for free or reduced-price school meals depending on other household financial information. Please fill out an application.

Who should I include as household members? Include yourself and all other people living in the household, related or not (such as grandparents, other relatives, or friends).

May I apply if someone in my household is not a U.S. citizen? Yes. You or your children do not have to be U.S. citizens for your children to qualify for free or reduced-price school meals.

What if my income is not always the same? List the amount that you normally get. If you normally get overtime, include it, but not if you get overtime only sometimes. For seasonal work, write in the total annual income.

Will the income information or case number I give be checked? It may be. We may also ask you to send written proof.

How will the information be kept? Information you provide on the form, and your child's approval for meal benefits, will be protected as private data. For more information see the back page of the Application for Educational Benefits.

If I don't qualify now, may I apply later? Yes. Please complete an application at any time if your income goes down, your household size goes up, or you start getting SNAP, MFIP or FDPIR benefits. Please provide the information requested about children's racial identity and ethnicity, which helps to make sure we are fully serving our community. This information is not required for approval of school meal benefits. If you have other questions or need help, call Jessica Maday at 507.764.2330.

Sincerely,

Cori Reynolds, Superintendent
Martin County West Schools

How to Complete the Application for Educational Benefits

Complete the Application for Educational Benefits form for school year 2022-23 if any of the following applies to your household:

- Any household member currently participates in the Minnesota Family Investment Program (MFIP), or the Supplemental Nutrition Assistance Program (SNAP), or the Food Distribution Program on Indian Reservations (FDPIR) or
- The household includes one or more foster children (a welfare agency or court has legal responsibility for the child) or
- The total income of household members is within the guidelines shown below (**gross earnings before deductions**, not take-home pay). Do not include as income: foster care payments, federal education benefits, MFIP payments, or value of assistance received from SNAP, WIC, or FDPIR. Military: Do not include combat pay or assistance from the Military Privatized Housing Initiative. The income guidelines are effective from July 1, 2022 through June 30, 2023.

Maximum Total Income

Household size	\$ Per Year	\$ Per Month	\$ Twice Per Month	\$ Per 2 Weeks	\$ Per Week
1	25,142	2,096	1,048	967	484
2	33,874	2,823	1,412	1,303	652
3	42,606	3,551	1,776	1,639	820
4	51,338	4,279	2,140	1,975	988
5	60,070	5,006	2,503	2,311	1,156
6	68,802	5,734	2,867	2,647	1,324
7	77,534	6,462	3,231	2,983	1,492
8	86,266	7,189	3,595	3,318	1,659
Add for each additional person	8,732	728	364	336	168

Step 1: Children

List all infants and children in the household, their school and grade if applicable, and birthdate. Attach an additional page if needed to list all children. Check the box if a child is in foster care (a welfare agency or court has legal responsibility for the child).

Step 2: Case Number

If any household member currently participates in SNAP, MFIP or FDPIR, write in the case number and then go to Step 4. If you do not participate in any of these programs, leave Step 2 blank and continue on to Step 3.

Step 3: Adult and Child Incomes / Last 4 Digits of Social Security Number

- **Social Security Number/Total Household Members.** An adult household member must provide the last four digits of their Social Security number or check the box if they do not have a Social Security number. Report the total number of household members and ensure all household members are listed individually on the application in the child or adult section as applicable.
- **Child Income.** If any children in the household have regular income, such as SSI or part-time jobs, list the total amount of regular incomes received by all children, and check the box for the frequency: weekly, bi-weekly, twice a month, or monthly. Do not include occasional earnings like babysitting or lawn mowing.
- **Adult income.** Report the names of adult household members and income earned in this section.
 - List all adults living in the household not listed in Step 1, whether related or not, such as grandparents, relatives, or friends.
 - **Gross Earnings from Work.** This is usually the money received from working at jobs where a paycheck is received. For each income, check the box to show how often the income is received: weekly, bi-weekly, twice per month, or monthly.
 - List gross incomes before deductions, not take-home pay. Do not list an hourly wage rate. For adults with no income to report, enter a '0' or leave the section blank. For seasonal work, write in the total annual income.
 - **Are you Self-Employed or a Farmer?** List the net income per month or year after business expenses. Do not list the same income twice on the application. A loss from farm or self-employment must be listed as 0 income and does not reduce other income.
 - **Any Other Gross Income.** List gross incomes before deductions from all other sources, such as SSI, unemployment, child support, public assistance, social security, rental income or annuities.

Step 4: Signature and Contact Information An adult household member must sign the form. If you do not want your information to be shared with Minnesota Health Care Programs, check the "Don't share" box in Step 4.

Optional: Please provide the information on ethnicity and race that is requested on the second page of the form. This information is not required and does not affect approval for school meal benefits. The information helps to ensure we are meeting civil rights requirements and fully serving our community.

2022-23 Application for Educational Benefits

Complete one application per household for all children. Please use pen (not a pencil). **Mail or return completed form to: (School/District Information)** _____

STEP 1: List ALL Household Members who are infants, children, and students up to and including grade 12 (if more spaces are required for additional names, attach another sheet of paper).

Definition: A Household Member is "Anyone living with you and shares income and expenses, even if not related." Children in Foster care are eligible for free meals. Read *How to Complete the Application for Educational Benefits* for more information. Adults over grade 12 living in the same household should be reported in Step 3. If your children attend different districts or charter/nonpublic schools, return an application at each one.

Child's First Name (list all children in household)	MI	Child's Last Name	School	Grade	Birthdate	Foster Child (v)
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>

STEP 2: Do Any Household Members (including you) currently participate in one or more of the following assistance programs: SNAP, MFIP or FDPIR? Medical assistance **does not** qualify. If **NO** > Go to STEP 3.

If **YES** >Enter SNAP, MFIP or FDPIR Case Number (between 4-9 digits, do not report EBT card number) _____ then go to STEP 4 (Do not complete STEP 3)

STEP 3: Report Income for ALL Household Members (Skip this step if you answered 'Yes' to STEP 2)

A. Last Four Digits of Social Security Number (SSN) of Adult Household Member: XXX-XX- Or Check if Adult has **No SSN:** **Total Number of All Household Members** (Children + Adults)

B. Child Income.

Sometimes children in the household earn or receive income, such as from a part time job or SSI. Please include the TOTAL income received by all children listed in STEP 1. Do not include income received by adults in the box to the right.

Total Income Received by All Children	Weekly	Bi-weekly	2x Month	Monthly
\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

C. All Adult Household Members (including yourself). For each Household Member listed, if they do receive income, report total gross income only. If they do not receive income from any source, write '0' or leave any fields blank. You are certifying (promising) that there is no income to report. Not sure what income to include here? Flip the page and review "Sources of Income" for information. "Sources of Income" will help you with the Child Income section and All Adult Household Members section.

Names of All Adult Household Members (First and Last) <small>List all Household members not listed in STEP 1 (including yourself) even if they do not receive income. Include children who are temporarily away at school or in college.</small>	Gross Earnings from Working at Jobs				Report income before deductions or taxes in whole dollars (no cents).	Are you Self-Employed or a Farmer?			Any Other Gross Income				
	Weekly	Bi-weekly	2x Month	Monthly		Monthly	Yearly	Net income from Farm or Self-Employment. Do not duplicate elsewhere.	Weekly	Bi-weekly	2x Month	Monthly	SSI, Unemployment, Public Assistance, Child Support, and others on Page 2
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$

STEP 4: Contact information and adult signature. "I certify (promise) that all information on this application is true and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds, and that school officials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted under applicable State and Federal laws."

I have checked this box if I *do not* want my information shared with Minnesota Health Care Program as allowed by state law.

Printed name of adult signing form Daytime Phone

Address (if available) Apt# City Zip

SIGN HERE: Signature of Household Adult Date

Do Not Fill Out: For School Office Use Conversions to Annualize All Income:	X52	X26	X24	X12	X1	<input type="checkbox"/> Verified? Attach Tracker	No change	Free After Verified	Reduced After Verified	Denied After Verified
	Weekly	Bi-weekly	2X Month	Monthly	Annualize		Household Size:	Categorical Eligibility	Free	Reduced
\$	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
Determining Official Signature:						Date:				
Confirming Official Signature:						Date:				

OPTIONAL: Children’s Racial and Ethnic Identities

We are required to ask for information about your children’s race and ethnicity. This information is important and helps to make sure we are fully serving our community. Responding to this section is optional and does not affect your children’s eligibility for free or reduced price meals. Respond to both Step One, *Ethnicity* and Step Two, *Race*.

Step One: Ethnicity (check one): Hispanic or Latino Not Hispanic or Latino

Step Two: Race (check one or more): American Indian or Alaskan Native Asian Black or African American Native Hawaiian or Other Pacific Islander White

INSTRUCTIONS: Sources of Income

Sources of Income for Children

Sources of Child Income	Examples
<ul style="list-style-type: none"> • Earnings from work • Social Security <ul style="list-style-type: none"> a. Disability Payments b. Survivor’s Benefits • Income from person outside the household • Income from any other source 	<ul style="list-style-type: none"> • A child has a regular full or part-time job where they earn a salary or wages • A child is blind or disabled and receives Social Security • A Parent is disabled, retired, or deceased, and their child receives Social Security benefits • A friend or extended family member regularly gives a child spending money • A child receives regular income from a private pension fund, annuity, or trust

Sources of Income for Adults

Earnings from Work	Public Assistance / Alimony / Child Support	All Other Income
<ul style="list-style-type: none"> • Salary, wages, cash bonuses (before deductions or taxes) • Net income from self-employment (farm or business) • If you are in the U.S. Military: <ul style="list-style-type: none"> a. Basic pay and cash bonuses (do NOT include combat pay, FSSA or privatized housing allowances) b. Allowances for off-base housing, food and clothing 	<ul style="list-style-type: none"> • Cash Assistance from State or local government • Supplemental Security Income • Unemployment benefits • Worker’s compensation • Alimony payments • Child support payments • Veteran’s benefits • Strike benefits 	<ul style="list-style-type: none"> • Social Security • Disability benefits • Regular income from trusts or estates • Annuities • Investment income • Rental income • Regular cash payments from outside household

The **Richard B. Russell National School Lunch Act** requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

At public school districts, each student’s school meal status also is recorded on a statewide computer system used to report student data to MDE as required by state law. MDE uses this information to: (1) Administer state and federal programs, (2) Calculate compensatory revenue for public schools, and (3) Judge the quality of the state’s educational program.

Nondiscrimination statement: In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: (1) **mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or (2) **fax:** (833) 256-1665 or (202) 690-7442; or (3) **email:** program.intake@usda.gov

This institution is an equal opportunity provider.



Monday

Tuesday

Wednesday

Thursday

Friday



No School **5**

Assorted Muffins **6**
 Fruit Choice
 Juice Choice
 Milk
 7-12 School Begins

Pancakes **7**
 Fruit Choice
 Juice Choice
 Milk
 7-12 School Begins

No School **1**

No School **2**

Cereal/Toast **12**
 Fruit Choice
 Juice Choice
 Milk

Biscuit & Gravy **13**
 Fruit Choice
 Juice Choice
 Milk

French Toast Sticks **14**
 Fruit Choice
 Juice Choice
 Milk

Breakfast Pizza **8**
 Fruit Choice
 Juice Choice
 Milk

Fruit/Yogurt **9**
 Graham Cracker
 Fruit Choice
 Juice Choice
 Milk

Cereal/Toast **19**
 Fruit Choice
 Juice Choice
 Milk

Breakfast Sandwich **20**
 Fruit Choice
 Juice Choice
 Milk

Pancake on a Stick **21**
 Fruit Choice
 Juice Choice
 Milk

Breakfast Burrito **15**
 Fruit Choice
 Juice Choice
 Milk

Assorted Roll/Donut **16**
 Fruit Choice
 Juice Choice
 Milk

Cereal/Toast **26**
 Fruit Choice
 Juice Choice
 Milk

Cinnamon Coffee Cake **27**
 Fruit Choice
 Juice Choice
 Milk

Pancakes **28**
 Fruit Choice
 Juice Choice
 Milk

Eggs/Toast **22**
 Fruit Choice
 Juice Choice
 Milk

Banana Bread **23**
 Fruit Choice
 Juice Choice
 Milk

Cereal/Toast **26**
 Fruit Choice
 Juice Choice
 Milk

Cinnamon Coffee Cake **27**
 Fruit Choice
 Juice Choice
 Milk

Pancakes **28**
 Fruit Choice
 Juice Choice
 Milk

Assorted Muffins **29**
 Fruit Choice
 Juice Choice
 Milk

Breakfast Pizza **30**
 Fruit Choice
 Juice Choice
 Milk

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

Cold cereal is offered every day

Monday
Tuesday
Wednesday
Thursday
Friday

*Elementary
**High School


No School **5**
****Hot Ham Sandwich** **6**

Scalloped Potatoes
Cooked Carrots
Fruit Choice

****Shredded Pork Nachos** **7**

Cheese Sauce
Cole Slaw
Peas
Fruit Choice

No School **1**
No School **2**
Hot Dog/Bun **8**

Baked Beans
**Fries
Fruit Choice

Pizza **9**

Green Beans
Carrot Sticks
Fruit Choice

Tacos **12**

Tortilla Shells
Tomato, Lettuce, Onion
Fiesta Beans
Seasoned Rice
Fruit Choice

Ham/Turkey Sub **13**

Lettuce, Tomato, Cheese
Cooked Carrots
**Potato Wedges
Fruit Choice

Chicken Strips **14**

Mashed Potatoes
Corn
Fruit Choice
Dinner Roll
*Gold Fish

Spaghetti **15**

Meat Sauce
Steamed Broccoli
Garlic Toast
Fruit Choice

Hamburger/Bun **16**

Cheese, Onion, Tomato, Lettuce
Potato Salad
Broccoli Pieces
Fruit Choice

Sloppy Joes **19**

Sweet Potato Fries
Steamed Broccoli
Fruit Choice

Chicken Patty **20**

WG Bun
Tomato, Lettuce
**Rice Pilaf
Green Beans
Fruit Choice

Corn Dog **21**

Baked Beans
Sun Chips
Fruit Choice

Breaded Pork Chop **22**

Mashed Potatoes
Country Gravy
Corn
Fruit Choice

Orange Chicken **23**

Fried Rice
Stir Fry Veggies
Mandarin Oranges

Italian Dunkers **26**

Dipping Sauce
California Blend
Fruit Choice

Chicken Alfredo **27**

Rotini Noodles
Steamed Broccoli
Fruit Choice

Pulled Pork/Bun **28**

Cole Slaw
Baked Beans
Fruit Choice

Popcorn Chicken Bowl **29**

Mashed Potatoes
Gravy
Corn
Fruit Choice

Pizza **30**

Green Beans
Carrot Sticks
Fruit Choice

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 ABC Volleyball @Trimont starting at 4:30	2 Jr.High FB Scrimmage 4:30 @ HS Boys/Girls CC @ Yankton Varsity FB 7:00 @ HS	3
4	5	6 Jr.High FB 4:30 @Trimont Elem JV FB 5:00 @ St.James	7	8 ABC Volleyball @ Trimont starting at 4:30 Jr. High Volley 4:30 @ Alden Conger	9 Varsity FB 7:00 @ Sleepy Eye	10 Trap Shoot @ Springfield HS Jr.High Volleyball tourney 8:00 @JCC Boys/Girls CC 9:30 @ Luverne
11 FFA State Horse Show @ Slayton	12 Jr.High Volleyball 4:30 @HS ABC Volleyball @GFW starting at 4:30 JV FB 5:00 @HS	13 Boys CC 4:00 @ Baylor Jr.High Volleyball 4:30 @HS Jr.High FB 4:30 @Trimont Elem ABC Volleyball @Madelia HS starting at 4:30	14	15 ABC Volleyball @GHEC starting at 4:30 Jr.High Volleyball 4:30 @HS	16 Boys/Girls CC 4:00 @Loyola Varsity FB 8:00 @MN Valley	17 Trap Shoot @Mountain Lake Jr.High Volley tournament @Trimont Elem HS Volleyball 9:00 @ JCC
18	19 ABC Volleyball 4:30 @Westbrook-Walnut Grove JV FB 5:00 @HS	20 Jr.High FB 4:30 @ St.James Jr.High Volleyball 4:30 @HS ABC Volleyball @HS starting at 4:30	21	22 Boys/Girls CC 4:30 @Loon Lake ABC Volleyball @Trimont starting at 4:30 Jr.High Volleyball 4:30 @ Cleveland HS	23 Varsity FB 7:00 @HS	24 BC Volleyball tournamant 8:00 @Maple River HS
25	26 Jr.High Volleyball 4:30 @Compfrey JV FB 5:00 @Adrian HS C Squad Volleyball 5:00 @ Trimont Elem	27 Boys/Girls CC 4:30 @ Slayton ABC Volleyball @ Trimont Elem starting at 4:30 Jr.High Volleyball 4:30 @Nicollet HS	28	29 ABC Volleyball 4:30 @St.Claire HS Jr.High Volleyball 4:30 @HS	30 Trap Shoot @Marshall HS Varsity FB 7:00 @ New Ulm	

Martin County West
Central Office (Sept.)
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