

April 2025



# Martin County West

*Connected to the Past, Celebrating the Present, Cultivating the Future*

## Dear Maverick Families,

Even though our Minnesota weather has been wild lately, the calendar tells us that spring is nearly upon us. We are now over 75% of the way through the school year and the finish line is starting to come into sight. One hurdle still standing between us and glorious summer is already in progress: state testing.

Here's a secret about state testing: nobody in schools likes it. It's probably why someone decided to have it during tulip season; they knew we needed something lovely to offset the unpleasant chore of making sure everyone who needs to take their reading, math, and science tests gets them done. Just like getting the oil in our vehicles changed, cleaning out the gutters on the house, or having cavities filled at the dentist, state testing is something we just have to get done because it's required.

I wish I could think of a way to make this testing something that students actually look forward to and enjoy. I would sell that idea and retire early because every school would buy it. I suspect the best I may be able to do is offer some ideas for helping students not worry too much about it. I want them to try their best but I don't want them to worry about it. They won't fail, they won't be in trouble, no one will be mad at them for how they perform on these tests... they just have to make an effort to show what they know about what is asked on the tests.

Teachers and staff know what kinds of items are on the test and they are helping students prepare to give their best effort. There is a great article on [scholastic.com](http://scholastic.com) called "Help Your Child Prepare for Standardized Tests" that has a nice list of things that the grown-ups at home can do to help. Here are a couple:

- Make sure students get enough sleep. I would add without a phone, tv, computer, or tablet in the room to that. I give this tip to everyone who asks me for advice on anything with kids: behavior, eating habits, academics, and more. Kids need more

sleep than we grown-ups do and far too many of them don't get enough of it and cannot function well without it. Screens are a serious detriment to that oh so necessary sleep. Charge devices in the kitchen overnight so the kids can get lots of good sleep.

- Make sure they are well-fueled. Breakfast and lunch are important every day and especially on days when we need their best effort. School meals are provided at no cost to all students but if you have a student who is choosy about what they eat, be sure they have what they like available to them on test days.

- Talk through what to expect. Many kids need to know how the process is going to work. Their teacher can help you answer their questions about this and soothe any nerves students may have.

- Help your child practice if that will make them more confident. Again, the teacher can give you ideas of what kinds of questions will be on the test and how best to practice.

- And most important for all of us: "relax and remain positive." These tests measure a moment in time, not everything a student knows and can do. They are not something that should cause stress or anxiety for you, for your children, or for their teachers.

Like April showers, the testing season will soon fade away. I look forward to finding out what kind of May flowers await our Maverick scholars when this season is complete.

In partnership for learning and growing,  
Cari Reynolds, Superintendent

## Important Dates:

- > April 13-18—Senior Trip
- > Spring Break - No School—April 18-21
- > April
- > April 30—Midquarter

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# MCW JR/SR High School

## April 2025 Newsletter

### April Dates to Remember:

- Spring Break (no school) Apr 18 - Apr 21
- Mid-Quarter of 4th Quarter, Apr 30

### 2025 Upcoming No School Days

- Teacher Workshop May 23
- Memorial Day May 26
- Last Day of School May 30



### Student Sick?

\*Fever over 100.4, has diarrhea, is vomiting, or has a cough that disrupts normal breathing or activities = stay home.

\*Fever free for 24 hours without fever reducing medicine, 24 hours after the last episode of vomiting or diarrhea = come to school

### Stay Informed at the District webpage:

<https://www.martin.k12.mn.us/> and LIKE US! on our Facebook page at <https://www.facebook.com/mcwJHSHschool>

**MCW Fan Gear** - Help fund the prom!

<https://dstrophiesmn.com/mcw-schools/>

Hello MCW Families, April is packed with testing, spring sports, the spring play, prom, a safe driving event, and mid quarter assessments. On April 1st, there will be 40 school days left; let's ensure our students are well-rested and prepared to excel in their exams and final quarter. Your support is invaluable in their success.

GO MAVERICKS! ~Autumn Welcome

### E Learning Days - What You Need to Know for 7-12 Students

1. Students must join Advisory on Google Classroom at 10am to be counted present.
2. Students must complete assignments (Google Classroom) for excused attendance each period. Assignments are due 2 school days after an eLearning day, attendance then finalized.
3. Students unable to connect must have guardians email or call the office to be excused.
4. If and when possible, devices will be made available for students to check out (and return) prior to an eLearning day. Unfortunately, not all events are predictable. If your student is unable to connect and complete work due to a device issue on an eLearning day, please follow directions on #2 & #3 above.

**UPCOMING Testing Schedule** - MCAs are state-mandated tests for Minnesota students. *Did you know that your MCA scores can impact your eligibility for initial PSEO courses as an upperclassman?* Yet another great reason for students to give their best and show what they know!

- April 8th,9th,10th (7th & 8th Grade Reading)
- April 15th,16th,17th (10th Grade Reading)
- April 15th,16th,17th (11th Grade Math)
- April 23rd,24th,25th (7th & 8th Grade Math)
- April 29th,30th, May1st (8th & 10th Grade Science)

**Senior Class Trip** - Seniors will go on their class trip from April 13th - April 19th. Mr. Wille hosted the last informative parent meeting on the evening of parent-teacher conferences.

**Prom** - The MCW prom will be on April 26th at 7:30PM. The theme this year is *Meet Me at Midnight*. Doors open to the public at 6:45PM with a free will donation that helps support the event.

**FFA Convention** - April 27th - 29th, students will be attending the 2025 FFA Convention to represent our school and participate in leadership and agricultural education opportunities.

**Spring Play** - The Drama Department's spring show is "This Murder Was Staged" by Patrick Greene and Jason Pizzarello. The show is a comedy/mystery. We had one of our largest turnouts for auditions yet and have a cast of 27 actors and 5 more students as part of our backstage crew/running lights. Performances are on Friday 4/4 & Saturday 4/5 at 7pm and Sunday 4/6 at 2pm.

**Administrative Professionals Week** - April 20th - 26th, we honor our school administrative professionals, Rachel & Molly at the Jr/Sr High School, Carolyn at the Sherburn Elementary and Cynthia at Trimont Elementary. These members of our staff keep all of the buildings' operations on track. We appreciate their hard work and dedication to our staff and students.

### **Impaired Driving Prevention Event for 10th & 11th Graders - April 17, 2025**

During the event, students will engage in interactive activities using alcohol impairment goggles, marijuana impairment goggles, and opioid impairment goggles to experience firsthand how these substances can affect coordination and reaction time.

**National Honor Society Induction** - On March 21st we welcomed 8 new members to the MCW National Honor Society. This is exciting and honorable for these qualifying students and we were proud to share this with families, staff, and our 9th - 12th grade student body.

# Trimont Elementary

April, 2025

## Dates to Remember:



April 18-21 No School-Spring Break

May 5 Spring Music Concert

May 19 -5<sup>th</sup> Grade D.A.R.E

Graduation

May 21- 3<sup>rd</sup>/4<sup>th</sup> Field Day

May 22 – 5<sup>th</sup>/6<sup>th</sup> Field Day

May 23 – No School

May 26 – No School

May 30 – Last Day of School

Trimont Elementary School Office

Hours 7:30am - 4:00pm.

507-639-2081



Follow us on Facebook at [MCW Trimont Elementary | Facebook](#)

Michele Baker  
Trimont Elementary  
Principal  
[michelebaker@mcwmavericks.org](mailto:michelebaker@mcwmavericks.org)

## April's Monthly Theme -

We are excited to focus on **Courage** this month! One way to think about Courage is “*choosing what is helpful, right, and kind even when it is hard or scary.*” Courage is 1 of 3 traits we will focus on throughout the year that helps students **Be Strong**. Throughout the school, students will be developing skills like focusing, organizing, and goal-setting.

## Spring MCA Assessments –

Students will be taking the Minnesota Comprehensive Assessments during April.

Grade 3 Reading - April 7-8

Grade 3 Math – April 14-15

Grade 4 Reading - April 7-8

Grade 4 Math – April 14-15

Grade 5 Reading - April 9-10

Grade 5 Math – April 16-17

Grade 6 Reading - April 9-10

Grade 6 Math – April 16-17

Grade 5 Science – April 23-25



Make up testing dates will be April 11, 23, 23 and 24

## Bike Riders to Trimont-

As the weather gets nice, we encourage students who live nearby to ride their bikes to Trimont Elementary. A few quick reminders to all students riding bikes to school:

- PLEASE WEAR A HELMET! Helmets consistently save lives and prevent life changing injuries. If you wear a helmet to school and it doesn't fit in your locker, we will make room for it in the office. Your health and well-being is our top priority.



- Walk bikes on the sidewalks and bus loading area in front of the building. Riders should walk their bikes to a crosswalk when coming and going from school.

- **DO NOT WALK OR RIDE BETWEEN BUSES OR CARS IN THE PARKING LOT!**

- Bikes need to be parked in the bike rack, and should be locked for safe keeping. MCW is not responsible for any stolen bikes.

## Music Concert Grades 3-6 –

Students in grades 3-6 will have a Music Concert at Trimont Elementary on Monday, May 5th, at 7:00 p.m. Students have been preparing in Music classes and Band rehearsals to showcase their hard work. Families are invited to enjoy an evening of vocal and instrumental performances. We look forward to seeing you there!

## Trimont Elementary Field Days –

We will have our annual Field days on May 21-22 this year. Field days will start in the afternoon at about 12:30 p.m. Look for more information from your classroom teachers on specific activities and locations for the afternoons.

3<sup>rd</sup> and 4<sup>th</sup> grade – May 21

5<sup>th</sup> and 6<sup>th</sup> grade – May 22



# April Newsletter

Sherburn Elementary



## COURAGE

is choosing what is helpful, right, and kind - even when it's hard or scary

KindFULL People

### CONVERSATION STARTERS

- CAN YOU SHARE OR SHOW WHAT IT MEANS TO HAVE COURAGE?
- WHAT ARE STRATEGIES YOU HAVE USED THIS WEEK TO HELP YOU FOCUS? (TAKING A DEEP BREATH, IGNORING DISTRACTIONS, ASKING QUESTIONS IF YOU NEED HELP)



### STRATEGIES TO FOCUS OUR MINDS:

- BREATHE IT OUT (TAKE A NICE DEEP BREATH AND PAY ATTENTION)
- MOVE IT OUT (GET A DRINK OR GET SOME WIGGLES OUT, THEN REFOCUS)
- IGNORE OR MOVE AWAY FROM DISTRACTIONS



## KIDS HEART CHALLENGE



Mrs. Elliott has been planning our annual Kids Heart Challenge (formerly Jump Rope for Heart) event. Mrs. Elliott has planned a kick off for April 3rd with the jump rope event to take place (specific date TBD). Donations to the American Heart Association will be accepted in the Sherburn Elementary gymnasium while the students are jumping rope. The MCW community has shown again and again how supportive they are of this event and charity and the American Heart Association representative would like to extend their gratitude for our community's generosity.

## BIKE RIDERS

As the weather gets nice, we encourage students who live nearby to ride their bikes. A few quick reminders for all students riding bikes to school:



1. PLEASE WEAR A HELMET! Helmets consistently save lives and prevent life changing injuries. If you wear a helmet to school and it doesn't fit in your locker, we will make room for it in the office. Your health and well being is our top priority.
2. Walk bikes on the sidewalks and bus loading area in front of the building. Riders should walk their bikes to a crosswalk when coming and going from school. **DO NOT WALK OR RIDE BETWEEN BUSES OR CARS IN THE PARKING LOT!**
3. Bikes need to be parked in the bike rack, and should be locked for safe keeping. MCW is not responsible for any stolen bikes.



## SPRING REMINDERS

Some days it is still cold in the morning or may get cold in the afternoon. Please send appropriate clothing with your child so they will be comfortable outside at any time of the day.

Bus safety is important. Please make sure to talk to your child about sitting nicely on the bus, using inside voices, and keeping their hands and feet to themselves so everyone can ride safely.

There are a lot of fun activities coming up this Spring. Please make sure to check your child's bag and any sort of communication system used by your child's teacher so that you and your child are in the loop with what is happening at school.

## UPCOMING DATES

April 4 - report Cards go home  
April 10 - Statewide tornado drill  
April 17 - 1<sup>st</sup> grade event  
April 18-21 - Spring Break



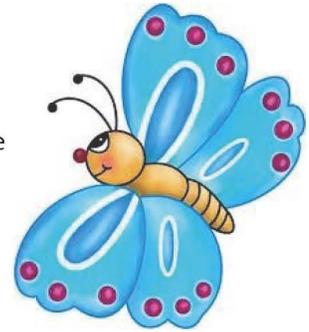
## Community Education & Recreation

Nickole Bowie, Director • [nickolebowie@mcwmavericks.org](mailto:nickolebowie@mcwmavericks.org) • 507-764-2336



# Flutter In to ECFE

Martin County West families with children ages birth to Pre-kindergarten are invited to join us for Early Childhood Family Education (ECFE). Flutter on in to celebrate spring and join other families in play and learning. Classes start April 1, 2025 and are held on Tuesday evenings and Wednesday mornings. Program investment is \$45.00 per family. You are welcome to attend either morning or evening session or both if you want! The program will run through May 16, 2025. Additional information and registration can be found on SchoolPay (Scan the QRC) or contact the CER office at 507-764-2336.



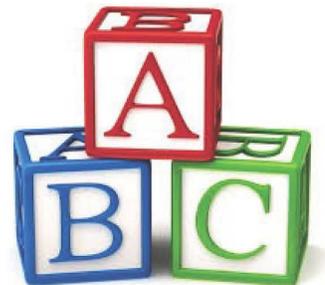
## Preschool Registration

Martin County West Community Education and Recreation hosted Preschool Open House on Thursday, March 20, 2025. We were so excited to see all the

new families and excited kids looking forward to starting school. Preschool is an important element to any child's education. Children involved in early childhood education are more likely to have higher academic test scores, exhibit more order and self-discipline in Kindergarten, have better attendance in school, as well as, learn and display more self control.

Open house may have been in March, but you can still register your child for preschool! Registration items can be found on the Community Education website at <https://www.martin.k12.mn.us/>

# PRESCHOOL



### Community Education & Recreation

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

## CHILD AND BABYSITTING SAFETY (CABS) PROGRAM & HOME ALONE

Save the Date! August 21, 2025



2 PROGRAMS WE HAVE BEEN WAITING FOR!!

## Twins COMMUNITY FUND YOUTH BASEBALL CLINIC!

TRIMONT, MN

FREE TO ATTEND! OPEN TO EVERYONE, AGES 6-12!



**DATE:**

SATURDAY, JUNE 14

**TIME:**

10:00 AM - 12:00 PM

**FIELD:**

MCW TRIMONT BALL DIAMONDS  
77 W BEECH ST  
TRIMONT, MN 56176

**HOST:**

MCW CER YOUTH SUMMER BALL



REGISTER FOR FREE: [TWINS.COM/CLINICS](https://twins.com/clinics)



# LACROSSE CAMP 2025



TUES & THURS  
MAY 20 TO MAY 29  
3:30 TO 4:30

OPEN TO  
K - 6TH GRADE  
STUDENTS

\$25.00  
SHERBURN ELEMENTARY  
NORTH SIDE

REGISTRATION AND ADDITIONAL INFORMATION CAN BE FOUND ON SCHOOLPAY



FLASC

MCW



## 2025 Summer Baseball/Softball Sign up

**BASEBALL**

T-ball - PreK - K  
Pee-wee - 1st-2nd grade  
Minors- 3rd - 4th grade  
Juniors- 5th - 6th grade  
Pony- 7th-9th grades

\*\*Level based on grade completed.

**SOFTBALL**

T-ball- PreK - K  
Pee-wee or 8u  
10u; 12u  
14u ; 16/18s

\*\*Level based on age as of 8/31/2024

All participants must be registered to be put on a team

## MCW HS CAFETERIA

MARCH 4TH: 4PM TO 7:30PM

MARCH 5TH: 3:30PM-6:00PM

MORE INFORMATION ABOUT SCHEDULES CAN BE FOUND ON OUR FACEBOOK PAGE: FLASC-MCW YOUTH SOFTBALL AND BASEBALL



If you are looking for information on Summer Ball—Check in with FLASC representative Courtney Schultz. MCW CER is excited to see FLASC taking the reins of Summer Ball! It is a huge project and takes many hands to make the program come together. They are always looking for volunteers to help run concession stands and many other tasks. Don't wait to be asked—get involved today!

**Community Education & Recreation**

Nickole Bowie, Director • [nickolebowie@mcwmavericks.org](mailto:nickolebowie@mcwmavericks.org) • 507-764-2336

# Youth Sports

## SUMMER SPORTS

Coming Soon

*Summer programming is getting started and we have some great experiences to look forward to!*

**SPORTS AND  
GAMES**

**ACTIVE AND  
ENGAGING**

**ENRICHING  
ENVIRONMENT**



Coach T Football, Volleyball, Basketball,  
Gymnastics, Wrestling, Flag Football

## Community Education & Recreation

Nickole Bowie, Director • [nickolebowie@mcwmavericks.org](mailto:nickolebowie@mcwmavericks.org) • 507-764-2336

**Registration and additional information about all of our programs is available on SchoolPay or call the CER office at 507-764-2336.**



**GUITAR LESSON**

2 LESSON AND 4 LESSON PACKAGES

CHECK OUT [JAKESGUITARLESSONS.COM](http://JAKESGUITARLESSONS.COM) FOR MORE INFORMATION

### Summer Guitar Lessons

If your summer plans include learning to play your favorite song on guitar, or hosting camp-fire sing-a-longs, check out Guitar Lessons with Jake! Pop into [jakesguitarlessons.com](http://jakesguitarlessons.com) to see if guitar lessons are right for you or your young person! Payments are made through SchoolPay.

*Virtual*  
**LEARNING**  
STARTS MAY 1

- ~ USING AMAZON'S KINDLE DIRECT TO SELF-PUBLISH YOUR BOOK FOR FREE
- ~ COMEDY WRITING: HOW TO BE FUNNY ON PAPER AND STAGE
- ~ WRITE YOUR FIRST NOVEL IN 90 DAYS

REGISTER NOW ON SCHOOLPAY




## UPCOMING PROGRAMS

- ◆ **KinderCamp**
- ◆ **Gymnastics**
- ◆ **Noah's Arc (build a stuffed animal)**
- ◆ **Dance Recital is May 3**
- ◆ **Storybook Theater— July 21-25**
- ◆ **Coach T Football Camp June 23-27**



# MCW FFA and Ag Department

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## **State FFA Convention**

The State FFA Convention will be held at the University of Minnesota & the MN State Fairgrounds from April 27th through the 29th

All FFA members that have qualified for the State Convention have met with advisors and received initial information and permission slips. These are due back to Mrs. Wohlhuter by Friday, April 18th.

Details that have to be taken care of before convention:

- Return permission slips to Mrs. Wohlhuter by April 18th
- Make sure your child has appropriate official dress (see below).
- Make sure their FFA dues are paid (\$22 for high school, \$15 for junior high)
- Pay the convention meal fee AND pay the \$50 convention fee if they did not meet their fruit sales goal (students will be notified on their forms if they need to pay the convention fee).

## **VERY IMPORTANT FOR STATE FFA CONVENTION ATTENDEES:**

**Notes about official dress: All students attending the convention will wear Official FFA dress at all times while at convention activities. At MCW, we take this very seriously. We appreciate the tradition of official dress and what it represents, teaching students that there is a time and a place for professional attire. Official dress for an FFA member includes:**

- An official FFA jacket zipped to the top
- Black slacks and black socks/nylons or black skirt and black nylons
- White collared blouse or white collared shirt
- Official FFA tie or official FFA scarf
- Black dress shoes with closed heel and toe

Special notes:

- Official garb of recognized religions may be worn with Official Dress
- No white t-shirts will be allowed
- **No hats will be worn with official dress.**
- If skirts are worn, they must be of knee length at a minimum
- **No black capris, yoga pants, leggings, athletic pants, etc are allowed.**
- Students are not allowed on stage with incorrect official dress.
- **Students that do not have Official Dress that meets the standards outlined above will have to purchase the correct official dress at their own expense before being allowed to attend/compete in events.**
- If you have any questions about Official Dress, please contact an FFA advisor.



For the past three years I have been an AmeriCorps tutor at the Trimont building.. The first year I tutored students in 4th - 6th grade in math and my second and third year with 3rd graders in reading. It has been very rewarding to see students reach their goals and gain proficiency in reading and math.

AmeriCorps is currently taking applications for the 25-26 school year. If you know anyone who enjoys working with children, kindergarten through 6th grade in the MCW district, there will be some openings. In other neighboring districts there may be openings in math and early childhood also. These are paid positions and can be either full or part-time. Tutors also earn an education award that can be used to pay for college, pay student loans or be given to a child or grandchild for their education. They also have a great program that assists in obtaining a teaching license and master's degree.

If you are interested in applying or would like more information you can go to their website at [Join.ReadingandMath.org](http://Join.ReadingandMath.org)

Brenda Bonser  
AmeriCorps Reading Tutor



# AmeriCorps

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>*High School **Elementary</p>	<b>Breakfast Pizza</b> 1 Fruit Choice Juice Choice	<b>French Toast Sticks</b> 2 Fruit Choice Juice Choice	<b>Breakfast Sandwich</b> 3 Fruit Choice Juice Choice	<b>Try Day Cook's Choice</b> 4 Fruit Choice Juice Choice
<b>Assorted Muffins</b> 7 Fruit Choice Juice Choice	<b>Biscuits/Gravy</b> 8 Fruit Choice Juice Choice	<b>Pancakes</b> 9 Fruit Choice Juice Choice	<b>Banana Bread</b> 10 Fruit Choice Juice Choice	<b>Yogurt Parfait Granola</b> 11 Fruit Choice Juice Choice
<b>Cereal</b> 14 Fruit Choice Juice Choice	<b>Cinnamon Roll</b> 15 Fruit Choice Juice Choice	<b>Pancake Wrap</b> 16 Fruit Choice Juice Choice	<b>Ham &amp; Egg Croissant</b> 17 Fruit Choice Juice Choice	<b>No School</b> 18
<b>No School</b> 21	<b>Breakfast Pizza</b> 22 Fruit Choice Juice Choice	<b>*Pancakes **Waffles</b> 23 Fruit Choice Juice Choice	<b>Blue Berry Bread</b> 24 Fruit Choice Juice Choice	<b>Egg/Toast</b> 25 Fruit Choice Juice Choice
<b>Frudel Bar</b> 28 Fruit Choice Juice Choice	<b>Breakfast Sandwich</b> 29 Fruit Choice Juice Choice	<b>Strawberry/Cream Cheese Bagel</b> 30 Fruit Choice Juice Choice		

**Breakfast is free to all students if they take the required items.** Breakfast include choice of fruits/veggies, meat/ meat alternates, grain, & milk. **Must choose 3 items, one being fruit or veggie, to count as a complete breakfast.** Grains are at least 51% whole grain. Milk is low-fat or fat free plain or fat free flavored. Fresh and canned fruits and 100% fruit juices are offered every day. Cold cereal is offered every day.  
 Martin County West Schools are equal opportunity employers.

### Monday

\*High School  
\*\*Elementary  
#New Item

#### Corn Dog 7

Steamed Peas  
Sun Chips  
\*\*Jungle Crackers  
Fruit Choice

#### Walking Tacos 14

Seasoned Beef  
Doritos  
Assorted Topping  
Refried Beans  
Fruit Choice

#### No School 21

#### Orange Chicken 28

Fried Rice  
Veggie Choice  
Mandarin Orange

### Tuesday

#### Chicken Alfredo 1

Rotini Noodles  
Steamed Broccoli  
Bread Sticks  
Fruit Choice

#### Fiesta Tots 8

(Tots, Seasoned Beef, Cheese)  
Onion, Lettuce, Tomatoes  
Corn Chips  
Fiesta Beans  
Fruit Choice

#### Hamburger/Bun 15

Oven Fries  
Steamed Broccoli  
Fruit Choice

#### Italian Dunkers 22

Dipping Sauce  
California Blend  
Fruit Choice

#### Popcorn Chicken 29

Mashed Potatoes  
Gravy  
Corn  
Fruit Choice  
Dinner Roll

### Wednesday

#### Mr Rib on a Bun 2

Baked Beans  
Pasta Salad  
Fruit Choice

#### Chicken Strips 9

Mashed Potatoes  
Gravy  
Corn  
Fruit Choice  
Dinner roll

#### Baked Ham 16

Mashed Potatoes  
Gravy  
Cooked Carrots  
Fruit Choice  
Dinner Roll

#### Hot Ham and Cheese/Bagel 23

Potato Wedges  
Raw Veggies  
Fruit Choice

#### Pizza 30

Green Beans  
Fruit Choice

### Thursday

#### Chicken Nuggets 3

Mashed Potatoes  
Gravy  
Corn  
Fruit Choice  
Dinner Roll

#### #Meatloaf 10

Baby Baked Potatoes  
Cooked Carrots  
Fruit Choice  
Pretzel Knot

#### Chicken Patty 17

WG Bun  
Green Beans  
Fruit Choice

#### Hotdog/Bun 24

Baked Beans  
Sun Chip  
Fruit Choice

### Friday

#### Scrambled Egg 4

Sausage Links  
Cinnamon Roll  
Cooked Carrots  
Fruit Choice

#### Cheese Pizza 11

Green Beans  
\*Potato Salad  
Fruit Choice

#### No School 18

#### Spaghetti 25

Meat Sauce  
Garlic Bread  
Peas  
Fruit Choice

**Lunch Notes:** All breads are a minimum of 51% whole grain. Salad dressings are all fat free or light if available. Milks are low fat or fat free. Fresh and/or canned fruits are available every day. Fresh veggie bar available every day. Meals are free for students ONLY if they take the required components. A complete meal consists ½ C of fruit or veggie plus 2 more full meal components. If not taking a complete meal you will be charged ala carte prices.

MCW is an equal opportunity employer.