

January 2023

Martin County West

Dear Maverick Families,

On December 23, the Minnesota Department of Health released the state-wide results of the 2022 Minnesota Student Survey (MSS). Every public school in the state is invited to have its 5th, 8th, 9th and 11th grade students participate in the MSS which is conducted every three years. The MSS asks students many different questions about their behavior, both positive and negative. For instance, it asks about their plans for after high school and connections to their family, school, and community, how they get to school most days, the prevalence of bullying and their use of tobacco, alcohol, and other drugs. This year, over 135,000 students filled out the anonymous survey, 160 of whom attend MCW Schools. This gives caring adults, especially those who make decisions about the lives of youth, an important insight into the life of our students from their own perspective.

The press release about the state-wide MSS results notes the increase in long-term mental health, behavioral or emotional problems. Roughly a third of students across the state reported experiencing these problems, up from 23% in 2019 and 18% in 2016. At MCW, our students reported a slightly lower rate of 26% experiencing these problems. This means more than 1 in 4 of our students has struggled or is currently struggling.

This information is not a surprise. We have probably all experienced difficult emotions over the last several years of uncertainty. Common sense tells us that no one can function well when their emotions are in upheaval. If we can help students learn to manage emotions, they will be better able to learn. The group that put together our strategic plan anticipated these challenges and created a goal of implementing a program in our schools to get teachers, students, staff, and families speaking the same language about feelings and relationships.

We have some new programs starting this month to meet this goal that are intended to teach students skills in the areas of relationships, self-awareness, social awareness and responsible decision-making. Later in these pages, you will see information about the CharacterStrong program we will be using to start equipping students and staff with a shared vocabulary for talking about relationships and feelings.

I hope we will be announcing community-wide events in the near future so we can all know and practice what students are learning. The beginning of a new year is a great time to learn together about how to be a better friend to ourselves and each other.

In partnership for good health,

Cori Reynolds
Superintendent

[Tuesday, January 3, 2023](#)

Classes resume

[Friday, January 13, 2023](#)

End of Quarter

[Monday, January 16, 2023](#)

No Classes - Teacher Workshop

[Wednesday, January 25, 2023](#)

Early Dismissal



MCW JR/SR High School

January Newsletter



JANUARY

Dates to Remember

*Winter Break

December 23rd to
January 2nd, Classes
Resume on January
3rd

*End of 2nd Quarter
January 13th

*Teacher Workshop,
no school for students
January 16th

*Early Dismissals:
January 25th,
February 15, and
March 15

*February 20th,
Presidents Day - No
School (Designated
Snow Day MakeUp
Day)

*February 23rd, K-12
Parent-Teacher
Conferences from
4p-8pm (Come and
Go Style)

Hello MCW Families,

The Jr/Sr High School is excited to start the 2023 year with students. Classes resume on January 3rd and we hope our students are recharged and ready to work hard for the last half of this school year. We are in the heart of winter now and we have to dig down deep sometimes to find the good things that happen in this cold weather. With our winter activities that should not be a problem! Please make time to attend some of the Maverick Activities - Basketball, Wrestling, Gymnastics, Robotics, Knowledge Bowl, Speech, etc... More information about our activities can be found on the Activities Calendar on the school website [LINK](#).

Happy January and GO MAVERICKS! ~Autumn Welcome

Winter Break Ends - School resumes on January 3, 2023.

Early Dismissal and Teacher Workshop Day - January 25th is an early dismissal for staff. Students will be dismissed at 12:15 for shuttle buses and 12:30 for route buses. On January 16th there is a full day workshop for our staff, therefore our students will not have school January 16th.

End of 2nd Quarter is January 13th - Report cards will be shared with families on January 20th.

Karson Janssen Memorial Basketball Game - Karson's Memorial Basketball game will be played on January 13, 2023 at Trimont Elementary. There will be a silent auction & bake sale. This event pays tribute to Karson's life and donations made pay it forward to student scholarships, grief support and heart health awareness groups. We look forward to seeing you all there!

Maverick Merchandise for Sale - Intro to Business class has restarted the Mav Merch & More store. Student designed merchandise for sale were chosen by staff and student popularity surveys. Support the Mav Merch by purchasing items at the high school during Tuesday Advisory, Friday mornings from 8am-8:20am and select home sporting events. We hope that you can support us!

Message from the Guidance Counselor, Ms. Hornick - The Dollars for Scholars meeting with Deb Schwager will be held at the Jr/Sr HS Computer Lab at 6:30PM, January 4, 2023. Seniors, please attend to create an account to apply for all local scholarships. If your student is seeking ACT prep materials, please see Ms. Hornick. The district has a license with On To College which has a program designed to prepare students for all of the components of the ACT. Lastly, PSEO students, the new semester at MN West begins on January 9th. Course registration and book ordering should be done ASAP if not completed. Students may drop/add a course during the first week of class ONLY without penalty; therefore, if your book has an "access code" - DO NOT scratch it off until you're 100% certain you will stay in the course otherwise the district will be charged if you decide to drop the course.

Athletics Department - Come and check out the new scoreboard at Trimont Elementary!

Reminders

- Please call the school to update contact phone numbers if they change.
- If your student is absent, please call or email Molly or Lisa in the office ASAP
- If a student is sick, they must be FEVER FREE for 24 hours before returning to school.
- Have a concern? Please notify the teacher first, if not resolved then notify the principal.

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

January, 2023

Dates to Remember:



Jan. 3 – Classes Resume
Jan. 13 – End of Quarter 2
Jan. 16 – Teacher
Workshop (No classes)
Jan. 25 – Early Dismissal

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

507-639-2071



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

Michele Baker
Trimont Elementary
Principal
michelebaker@mcwmavericks.org

January's Monthly

Theme:

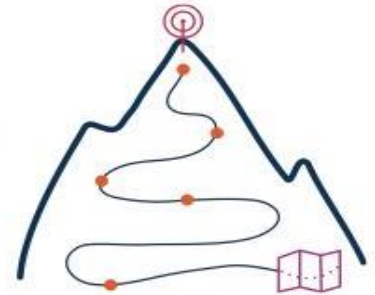
Perseverance!!!

We are excited to begin using the *Character Strong* curriculum in January with the theme of *Perseverance*. One way to think about

Perseverance is "pushing through challenges and obstacles. Perseverance is 1 of 3 traits we will focus on throughout

the year using the *Character Strong* curriculum that helps students **Be Strong**. Throughout the school, students will be developing skills like focusing, organizing, and goal setting.

Target
Obstacles
Plan
GOALS



Student of the Month - We continue to honor students each month that demonstrate these traits with the "student of the month" recognition, pizza with the principal, positive phone calls home from Mrs. Baker and recognition on Facebook. Many of these students assist with daily announcements and other leadership roles in the building each month.

Winter FASTBridge - We will be monitoring student progress in reading and math through the use of FASTBridge testing beginning January 17. These assessments will provide data for teachers to use in measuring the progress of students receiving extra help in reading and interventions in the classroom in reading and math.

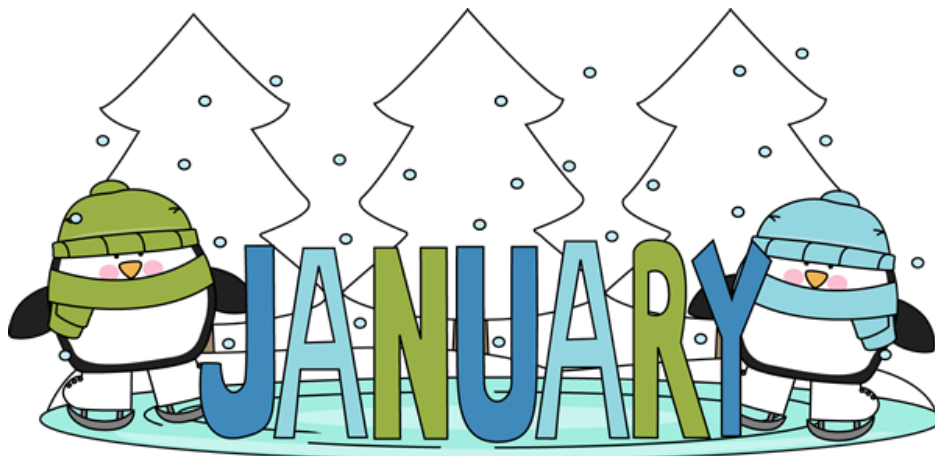
Spring MCA Assessments – The testing calendar is posted to the District website under "Parent Links". MCA testing will begin in March.

Math AmeriCorp - We are excited to announce that Trimont Elementary has been awarded an **AmeriCorp Math tutor** for this year!! Brenda Bonser has been selected to serve our students beginning January 16. This is a new program for our district and we are excited to see how this additional service can help our students improve in math this year!

End of 2nd Quarter – Friday, January 13 already marks the end of the second quarter. Report cards will go home the following Wednesday, January 18. If you have questions or concerns, be sure to reach out to your child's teacher.



Outdoor Play – Winter provides us with many opportunities to enjoy the outdoors, and as long as the temperature is above zero, students will be outside for morning and noon recess. Be sure your child is dressed appropriately with snow pants, coat, hats and gloves. It is also helpful if students keep an extra pair of dry socks in their locker.



January Newsletter

Nickole Bowie, Sherburn Elementary Principal

nickolebowie@mcwmavericks.org

Hello MCW families,

The staff at Sherburn Elementary Schools are excited to start the 2023 year with students. We hope everyone has a fun and relaxing break. Classes resume Tuesday, January 3rd and we hope all students are ready for a great new year!

If your student is going to be absent from school, it is very important that you notify our building secretary, Carolyn at 507-764-4461. This is most helpful if it can be done before the absence or at the latest, the day of the absence. Carolyn does a great job of letting your student's teacher know as well.

We are still in the cold weather season. Please be aware of weather changes and temperature fluctuations. Send students to school with the appropriate gear so they are ready to partake in the playground and recess activities. Many students are forgetting gloves and hats and they don't always make it back to the office if they borrow them. Please help us keep the students dressed appropriately for the weather and temperature.

Lastly, there are safety concerns inside and outside of the buses. Inside, please remind students of the basic guidelines of being a safe and responsible rider by staying sitting in seats, maintaining a low tone of voice and by keeping hands and feet to themselves. Outside of the bus, always be aware of the flashing lights and stop arms, do not pass a bus when a stop arm is out and lights are flashing. Also, in our school driveways, please do not enter the driving area when school buses are present; there are signs at school entrance indicating this rule. Please help keep our students safe and respect our bus drivers by following these rules. -Nickole Bowie



Early Dismissal and Teacher Workshop Day

January 16th is a full day workshop for our staff, therefore our students will not have school January 16th. Also, January 25th is an early dismissal for our staff. Students will be dismissed at 12:15.

End of 2nd Quarter

January 13th is the end of the 2nd quarter. Report cards will be shared with families on Friday, January 20th.



Reading Corp Winter

We are happy to announce that we are adding a ReadingCorp tutor to our building in January! The tutor will be working with students 5 hours a day, 5 days a week for the rest of the school year. We are very excited about this opportunity for students!

Music Program

Our K-2 Winter Music Concert will be **Monday, Jan 23, 2023 at 7:00pm at Sherburn Elementary**. A save the date note was sent home and one with more details will be sent home after break. Mr Anderson and all of the students are excited to show you their talents!



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!

Upcoming Events

- ★ 1/3/23 - School Resumes
- ★ 1/13/23 - End of Quarter 2
- ★ 1/16/23 - Full day workshop - no school for students
- ★ 1/20/23 - Report cards distributed
- ★ 1/25/23 - Early dismissal of students at 12:15





Martin County West
Home of the Mavericks



Hello Martin County West Families, and Happy New Year!

I wanted to share some information about the social-emotional learning (SEL) curriculum that was approved by our school board in October 2022. Our teaching staff will begin utilizing the CharacterStrong curriculum after winter break, and will continue using it during the 2023-2024 school year.

Benefits of Strong Social Emotional Skills

Parents and families already work on many of these skills at home. Our role is to support their work and provide all students with a common language and a school community in which they can practice these skills. Benefits seen from the development of strong social emotional skills include:

- increase in students' overall grades and attendance
- students better able to cope with emotional stress, solve problems, and avoid peer pressure to engage in harmful activities
- students equipped to deal with problems that affect them on a personal level so they are better able to navigate the pressures of adult life

CharacterStrong Curriculum Overview

Through the use of this curriculum, we have an opportunity to help our children learn the value of empathy, service, and connection. Along with strong academics, our goal is to teach students to be capable, compassionate people, and to empower them to become the best versions of themselves. When students feel safe, supported, and part of a community, they perform better, act with more kindness, and want to show up to school each day. We believe this curriculum will have a powerful and positive impact on the climate and culture of our school, and it is our hope that families will join us in this work to build a kinder school culture and, ultimately, a kinder world.

Where Can Parents Learn More?

To learn more about CharacterStrong, check out www.characterstrong.com and look for them on social media. In addition to the sample lessons available on their main website, families can sign up for "Family Access" to the CharacterStrong curriculum and will be given 30-day access to review content. To register for family access, please visit <https://www.characterstrong.com/family-welcome-link>. Questions can also be directed to Cori Reynolds, Superintendent, Jana Brackey, K-6 School Social Worker, or Heather Winter, 7-12 School Social Worker.

January

DRIVER DISCOUNT PROGRAM

Get 10% off your car insurance for 3 years!

The 8-hour initial course will be offered by the Saint Cloud State University for Drivers over 55 years of age. The class is offered as 2 - 4 hour sessions on February 20 and 21.

This class will be held in Sherburn at MCW High School

In the Foods Room from 5:00 PM to 9:00 PM.

Register at www.driverdiscountprogram.com

Or call (320)308-1400 or 1-888-234-1294



Preschool – 6th Grade Dance Class



Dance Session II starts January 4, 2023. Classes are being held on Wednesdays in the Sherburn Community Center (below the theater). Recital day is planned for April 29 at 11:00 AM. Classes are available on Wednesday's for Preschool to Kindergarten students from 3:30 - 4:15 PM, 1st to 3rd grade students from 4:30-5:15 PM and 4th to 6th grade students from 5:30 - 6:15 PM. Session II program fee is \$150.00. (Shoes and costume will be additional cost.) Ballet, tap and jazz dance skills will be offered. Register on the MCW CER webpage and make your payment on SchoolPay, or drop it off at Sherburn Elementary School.

MCW Community Education & Recreation

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

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

Game Club

HAVE A SNACK + PLAY SOME GAMES

- ❖ **3rd Monday of every month through May**
- ❖ **3:15-4:30 PM**
- ❖ **Sherburn Elementary School Library**
- ❖ **Open to K-3rd Grade**
- ❖ **Max of 10 kids**
- ❖ **Class Instructor: Cori Reynolds**
- ❖ **\$5.00 per student per month**



Yoga Classes with Mary Janssen

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.



Men's Night Basketball

Wednesdays

7 PM

High School

\$1.00



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



Maverick Cheer Squad

We are so excited to see our Elementary Cheer Squad!

We have a fun team of students that will be sharing their skills at a couple of upcoming basketball games! Be sure to support these students and cheer on the Maverick Cheer Squad!

When: **January 20** for the Girls Basketball Game
When: **January 30** for the Boys Basketball Game

Where: MCW Trimont Elementary
Where: MCW Sherburn High School

Cheer Camp will run 3:30 until 5:30. We will learn some cheers and some sweet moves! Students will enjoy supper together (bring a bag supper or have concession supper) from 5:30-6:30. We will prep for the game and finish up with cheering at half-time of the Varsity game. Bussing will be made available to shuttle to/from Sherburn/Trimont after school. Pick up after half-time is family responsibility. Per school policy, students K-6 should attend the duration of the game with adult supervision.

GET THOSE GYM SHOES OUT

Sunday Open Gym



**MCW JR/SR HIGH
SCHOOL - SHERBURN**

1:00-3:00PM

[HTTPS://WWW.MARTIN.K12.MN.US/DOMAIN/33](https://www.martin.k12.mn.us/domain/33)

1ST-3RD GRADE BASKETBALL FUNDAMENTALS



Start your basketball
skills off strong in our
basketball
FUNDamentals program.

**Saturdays
January 14
through
February 4**

**Girls in
Trimont
Boys in
Sherburn**



MAVERICK GIRLS
Trimont Elementary
9:00AM - 10:00 AM

\$40

MAVERICK BOYS
Sherburn - High School
9:00 AM - 10:00 AM

Registration Link
<https://www.martin.k12.mn.us/domain/20>

More Information
507-230-3234

Martin County West Community Ed & Rec
nickolebowie@mcwmavericks.org
507-764-2336

MCW Community Education & Recreation

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

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

MCW Pool

Martin County West offers a six lane heated indoor pool with an easy accessibility ramp.

Fitness swims: Monday-Wednesday-Friday

6:00-8:00 AM & 5:30-6:30 PM

Saturday

12:00 -1:00 PM.

Self directed swim laps or exercise, including water aerobics.

Open swim:

Saturday & Sunday

1:00-4:00 PM

Open for all to swim and play!

Special needs swim:

Wednesday

6:30-7:30 PM

Anyone with physical, mental or emotional disabilities are welcome.

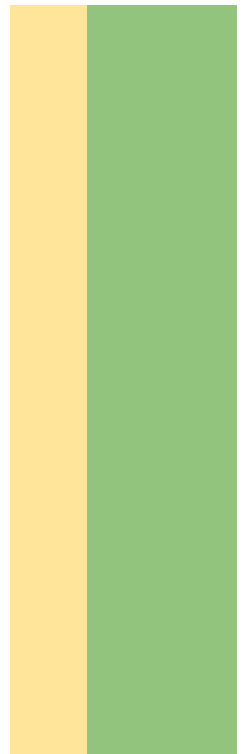
If you are interested in Private Swimming Lessons, give us a call, arrangements can be made!

The pool is available for rental time to host a fun birthday party, company bonding, youth activity, or family event! Call 507-764-2336



Learning Unlimited

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 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. If you know of someone who would be interested in participating in this program or volunteer for the program please contact Glenda Bechthold at gbechthold@isd840.org or one of our participating schools Community Education office (MCW, 507-764-2336).



MCW Community Education & Recreation

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



Developed by Special Olympics Minnesota, SOfit offers individuals with intellectual disabilities a journey toward improved health through comprehensive wellness education and regular physical activity. Participants leave each session with the knowledge and skills to make healthy life choices. This three-week wellness program will provide an opportunity to learn, discuss and practice physical activity, nutrition, social and emotional wellness.

Participants can bring 1 staff/person to assist them free of charge.

Winter Session is Tuesdays, February 14 to 28.

Check out and register on Fairmont Community Education Website.

Martin County West Community Education & Recreation

Information and helpful tips:

Check out www.martin.k12.mn.us
under the Community Education tab
for program updates.

Use "School Pay" to submit
payments for CER programs, school
lunches, and many other school
programs.

Pool Hours are posted on the
website; you can schedule Pool
Parties with the CER office.

Are you interested in learning
something? Let us know what your
interests are!

News & Upcoming Programs

MCW Community Education & Recreation is
looking forward to working with our 1st through
3rd graders. FUNDamental Basketball Program
is starting January 14, learning fundamentals
and playing the game!



Looking ahead:

- Swimming Lessons coming soon!
- CPR Class will be offered soon.
- ECFE Classes will be starting!
- Girls Who Code (Grade 5-6) starting in April. This is open to ALL students!
- A session for Robotics will be starting soon for the 3rd & 4th Graders.

Follow us on:



MCW Community Education & Recreation

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

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



MCW FFA and Ag Department

Maverick Christmas

In December, 40 FFA members, advisors, and parent volunteers shopped for gifts for Maverick Christmas. It was such a great night, and we were able to help so many families!!

National FFA Scholarships

Over two million dollars in scholarships are awarded to senior FFA members each year. FFA seniors received an email from Mrs. Wohlhuter with the information on how to get started with the application. The applications are due January 10th.

State FFA Degrees/Proficiency Awards

Parents of seniors - please encourage your senior to get in touch with an advisor ASAP to get started on their State Degree application. We do not want our seniors to miss out on this honor this year. Any member that is working in an ag-related area can fill out a proficiency application. Contact Mrs. Wohlhuter to get started. All award applications are due no later than January 26th!

Upcoming Events

Note: FFA members should be checking their school email and FFA Google Classroom for announcements about upcoming activities and CDE/LDE competitions.

District Announcements:

Get free at-home COVID-19 tests this winter

Every U.S. household is eligible to order 4 free at-home COVID-19 tests. Just click on the link below to order your free COVID-19 Test. (4 per household)

<https://www.covid.gov/tests>

Minnesota's Energy Assistance Program

The program helps pay for home heating and water costs and furnace repairs for income-qualified households. Find more information on the Energy Assistance Program at the [Minnesota Commerce Department](https://mn.gov/commerce/consumers/consumer-assistance/energy-assistance/).

<https://mn.gov/commerce/consumers/consumer-assistance/energy-assistance/>

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

January 3, 2023

5 year Lead Testing Results at Martin County West Public Schools

Martin County West Public Schools, as part of the School District's Health and Safety Program, has a program in place to collect water samples every 5 years from all fixtures used for drinking and/or cooking. Samples are taken and analyzed for lead content by a laboratory certified by the Minnesota Department of Health (MDH). Samples were last collected by Tim Harbo of Harbo Consulting and analyzed by Minnesota Valley Testing Laboratories (MVTL) in 2022. MDH has set a threshold of 20 ug/L as a requirement to notify parents of levels from any particular water source.

First draw samples were taken throughout all drinking sources of water in the buildings, and levels above 20 ug/L were found at 13 taps in Sherburn Elementary, 1 tap at Trimont Elementary, and 6 taps at the High School. All taps were immediately taken out of use and a plan was put in place to reduce lead levels or take taps out of service.

Martin County West Public Schools set a more stringent lead standard in our buildings than the State's 20ug/L, so only taps that came back below 5 ug/L during our initial and follow up testing were allowed to be reestablished as a drinking source. In further discussion with staff, the classroom sinks in the schools were primarily being used intermittently and for the purpose of cleaning or hand washing. It was therefore decided to take these remaining faucets out of use for drinking or food preparation. They may, however, continue to be used for handwashing and cleaning and have been posted accordingly.

All other faucets with levels greater than 5ug/L at each site intended to be put back into service were retested with first draw and flushing samples for two minutes. Of the sinks that were retested, 8 of the 1st draw samples came back above the 5 ug/L and 4 of the flushed samples came back above 5ug/L. Filtration was added to those 4 sinks and the levels were retested at less than .5ug/L. The remaining 4 came back with flushed samples below 5 ug/L and will continue to be flushed before any use until fixtures are changed and retested.

Results are available for review at the Central Office. Martin County West Public Schools is making every effort to eliminate or reduce building occupant's exposure to lead through the drinking water. If you have any questions or concerns regarding this issue, you may contact Kevin Diekmann or Tim Harbo through the Central Office.



JANUARY 2023

Martin County West School

Menu is subject to change
without notice. Sorry for
any inconvenience

Monday

No School

2

*Elementary
**High School

Tuesday

Italian Dunkers

3

Dipping Sauce
Green Beans
Fruit Choice

Wednesday

***Walking Tacos**
****Doritos or Soft Shell**

4

Refried Beans
Cooked Carrots
Fruit

Thursday

Cheesy Turkey/Bun

5

Steamed Broccoli
Seasoned Rice
Fruit

Friday

Hamburger/Bun

6

Tomato Slice, Onion, Cheese Slice
Oven Fries
Peas
Fruit Choice

Country Fried Steak

9

Mashed Potatoes
Gravy
Corn
Fruit Choice

Chicken Patty/Bun

10

Sun Chips
Roasted Sweet Potato
Fruit Choice

Sloppy Joe/Bun

11

Baked Potato
Broccoli
Fruit Choice

Spaghetti

12

Meat Sauce
California Blend
Cheese Stick
Bread Stick
Fruit Choice

Chicken Fajita

13

Red/Green Pepper
Seasoned Rice
Refried Beans
Fruit Choice

Orange Chicken

16

Fried Rice
Asian Veggies
Mandarin Oranges

Hot Dog

17

Potato Wedges
Baked Beans
Fruit Choice

Beef Taco

18

Tortilla Shell
Rice
Ranchero Beans
Fruit Choice

Popcorn Chicken

19

Mashed Potatoes
Gravy
Corn
Fruit Choice
Dinner Roll

Pizza

20

Green Beans
Fruit Choice

Chicken Alfredo

23

Rotini
Steamed Broccoli
Bread Stick
Fruit Choice

Corn Dogs

24

Sun Chips
Baked Beans
Carrot Sticks
Apple Slices

Quesadilla

25

California Blend
Fruit Choice

Hot Ham & Cheese

26

Cooked Carrots
Pasta Salad
Cheese Stick
Fruit Choice

Pulled Pork

27

WG Bun
Cole Slaw
Potato Wedges
Fruit Choice

Nachos

30

Cheese Sauce
Assorted Topping
Black Beans
Fruit Choice

Grilled Cheese
Tomato Soup

31

Steamed Broccoli
Fruit Choice

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 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. Menu subject to change without notice. Sorry for any inconvenience. MCW is now accepting credit or debit cards for school lunch payments.

<https://www.schoolpay.com/login>





BREAKFAST

JANUARY 2023

Martin County West Schools

Menu is subject to change without notice. Sorry for any inconveniences.

Monday

No School

2

Tuesday

Apple or Blue Berry Bar

3

Fruit Choice
Juice Choice
Milk

Wednesday

Pancakes

4

Fruit Choice
Juice Choice
Milk

Thursday

Banana Squares

5

Fruit Choice
Juice Choice
Milk

Friday

Yogurt Parfait

6

Granola/Graham Cracker
Fruit Choice
Juice Choice
Milk

Cereal/Toast

9

Fruit Choice
Juice Choice
Milk

Pancake Wrap

10

Fruit Choice
Juice Choice
Milk

Breakfast Pizza

11

Fruit Choice
Juice Choice
Milk

Strawberry Bagel

12

Fruit Choice
Juice Choice
Milk

Eggs/Toast

13

Fruit Choice
Juice Choice
Milk

Cereal/Toast

16

Fruit Choice
Juice Choice
Milk

French Toast Sticks

17

Fruit Choice
Juice Choice
Milk

Breakfast Sandwich

18

Fruit Choice
Juice Choice
Milk

Cinnamon Rolls

19

Fruit Choice
Juice Choice
Milk

Biscuits/Gravy

20

Fruit Choice
Juice Choice
Milk

Cereal/Toast

23

Fruit Choice
Juice Choice
Milk

Cinnamon Streusel Cake

24

Fruit Choice
Juice Choice
Milk

Pancakes

25

Fruit Choice
Juice Choice
Milk

Breakfast Pizza

26

Fruit Choice
Juice Choice
Milk

Yogurt Parfait

27

Granola/Graham Cracker
Fruit Choice
Juice Choice
Milk

Cereal/Toast

30

Fruit Choice
Juice Choice
Milk

Cook's Choice

31

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 a sub option offered every day

Martin County West
Central Office (Dec.)
105 E. 5th St.
Sherburn, MN 56171

Non-Profit Organization
U.S. Postage Paid
Sherburn, MN 56171
Permit No. 10

CHANGE SERVICE REQUESTED