



Martin County West

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

Dear Maverick Families,

I heard Jr/Sr High School Principal Autumn Welcome summarize this time of year so well the other day when she said that at this time of year, school administrators have one foot in this school year and the other foot in next school year. The principals, directors, and I are all focused on finishing this year strong. At the same time, we're thinking about and planning for next year's budget, programs, and staffing.

One of our most important tasks this spring is to find teachers to fill vacancies we know we have for next year. We got a jumpstart on this as early as January by posting what we knew we would have open next year, including a few positions we weren't able to fill this year in areas like elementary reading, Special Education, and high school math. We're advertising our openings everywhere we can think of: on the radio, on job boards in newspapers in three different states, at job fairs, with the teacher preparation programs at colleges, on our website and social media, and by word of mouth.

The widespread reports on the teacher shortage are real. There are not enough new teachers entering the field to fill all the vacancies there are. Thankfully, the Minnesota Department of Education gives us the ability, when we can't find a licensed teacher, to hire people with a bachelor's degree who want to teach and to provide training and mentorship to help them be successful in the classroom. This

is a great option for people looking to share their professional expertise in a new way or to make a career change. We will also be exploring the possibility of exchange programs that place teachers from other countries in our schools.

It will take all of us working together to recruit and retain a staff that achieves the school district's mission to provide an engaging education that nurtures learners who are confident critical thinkers prepared to contribute to an ever-changing world. You assist us in this important task every time you share a Facebook post or talk to a friend, neighbor, or family member about our openings. We are so grateful for your partnership and support in finding the people we want to be working in our schools.

The hard part of teacher recruitment is that we're competing with so many other districts. The easiest part of recruiting is talking about all the ways in which MCW is a great place to work. Our students are amazing, our faculty are passionate and skilled, our support staff are dedicated, and our community is awesome. The list of openings is substantial but I eagerly anticipate introducing the people we find to the pride and joy that comes with being a Maverick!

In partnership for education,
Cori Reynolds
Superintendent

Important Dates:

- > March 15 – Early Dismissal
- > March 20 – Community Meeting - 6pm @ Welcome Legion
- > March 22 – End of 3rd Quarter
- > March 23 – Community Meeting - 6pm @ Sherburn Legion
- > March 28 – Community Meeting - 6pm @ Triumph Hall in Trimont
- > April 7-10 – Spring Break

Inside this issue:

Junior Senior High	3
Trimont Elementary	5
Sherburn Elementary	6-8
Community Education	9-12
FFA & Ag Department	13
Special Movie Event	14
Meal Menus	15-16

Tuesday, 3/14

**SCHOOL BOARD
Work Session**

*To continue discussing
options for addressing
facility needs*

Sherburn Elementary Board Room

Tuesday, March 14

5:00-6:30 pm

ISG

*A recording will be available on the
district's website after the meeting.*



Community Meetings

Martin County West Schools

**All are invited to hear the
options for addressing facility
needs and share input.**

- March 20, 6pm @ Welcome Legion
- March 23, 6pm @ Sherburn Legion
- March 28, 6pm @ Trimont Triumph Hall

ISG

*Information shared at the
meetings will be available for
review at martin.k12.mn.us.*





MCW JR/SR High School

March Newsletter



MARCH

Dates to Remember

March

3/6 - 3/10 - School Social Worker Week

3/9/23 - 8th grade Courage Retreat

3/15/23 - Early Dismissal

3/22/23 - End of 3rd Quarter

3/31/23 - Report Cards Sent Home

April

4/6 - SCHOOL DAY

4/7 - 4/10 - Spring Break (Designated Snow Day Makeup Day 4/10)

4/24 - 4/30 - Administrative Professionals Week

4/27/23 - Mid Quarter of 4th quarter

May

5/1 - 5/5 - Teacher Appreciation Week

5/5/23 - Teacher Workshop (No School for Students)

5/5/23 - School Lunch Providers Appreciation Day

Hello MCW Families,

Our calendar is turning the corner into the spring months! As the days start to get longer and the sun begins to break out more regularly, don't forget that there are still three months of school left. In a school, March Madness does not solely refer to basketball brackets and tournaments but instead, to a phenomenon where students have a hard time with attendance and focus. For parents, this can be frustrating because it is easy to feel sympathetic to our students who "just want a break" because adults feel it too! As easy as it is to give in and allow them a day off here or there, it is critical to keep our eyes on the prize! Attendance has a direct correlation on students' academic successes. With a little bit of extra attention and creative thinking, you can be proactive in helping your child during these difficult last weeks of school.

- Continue to limit cell phones and gaming at night! Bedtime is so important, even to high school students. They don't like it, but having students turn in electronic devices by 10pm allow them time to wind down and get to sleep.
- Start a countdown for the next break which comes the 1st week of April.
- Reward students if they make it to milestones that are a struggle.
- Be a good role model by getting up with your students to see them out the door and always talk positively about school and its long term benefits.

Happy March and GO MAVERICKS! ~Autumn Welcome

MCA Testing Schedule - MCA's are MN state mandated tests for students. It is important that students take tests seriously and show learning growth from their past years' scores.

March 8-10 MCA Math Grade 11
 March 21-22 MCA Reading Grade 7
 March 23-24 MCA Reading Grade 8
 March 28-29 MCA Math Grade 7
 March 30-31 MCA Math Grade 8
 April 11-12 MCA Science Grade 8
 April 18-19 MCA Reading Grade 10
 May 9-10 MCA Science Grade 10

8th Grade Courage Retreat - On March 9th, our 8th grade students will participate in a Youth Frontiers Courage Retreat. There are three takeaway goals for the 8th graders after attending the Courage Retreat:

- Be able to identify personal fears and understand that everyone has them.
- Be able to commit to act with courage and make school a better place.
- Be able to deepen relationships with classmates by breaking through social barriers.

The courage retreat is designed for students to take away big ideas but in a fun way. Students should prepare for a day infused with music, high-energy facilitators and student leaders that will encourage all to laugh and make connections with each other.

Early Dismissal - March 15th is an early dismissal for students. Students will be dismissed at 12:15 for shuttle buses and 12:30 for route buses.

End of Quarter 3 - We will finalize 3/4ths of the school year on March 22nd! Encourage students to keep working hard until the last day of school.

Course Registration for 2023-2024 - Students have submitted course choices for the upcoming school year. Mrs. Welcome and Ms. Hornick will use these choices to build next years' schedule.

New 9th - 12th Grade English Teacher - We welcome Ms. Lange to the English Department this month. Ms. Lange is very familiar with the Martin County Area and graduated from MCW in 2018. This past year she has been subbing as an Educational Support Professional and as a teacher. We are excited to have Ms. Lange join the Jr/Sr High School Team!



MCW JR/SR High School

March Newsletter



5/10/23 - School Nurse Appreciation Day

June

6/2/23 - LAST STUDENT SCHOOL DAY (pending no more additional snow days)

6/5/23 - Half Day Teacher Inservice (pending no more additional snow days)

School Social Worker Week - We honor our school social worker, Ms. Winter, in light of National School Social Worker week, March 6th - 10th. Ms. Winter is a light for many of our staff, students and families that need some extra help to get through tough times. Ms. Winter is not new to the area but is new to MCW as a staff member. Mrs. Winter has been a wonderful asset to the Jr/Sr High School and we are happy to have her on our team.

World Down Syndrome Day - March 21, 2023 is the 18th anniversary of World Down Syndrome Day. The date of this day is symbolic, it is the 21st day of the 3rd month which signifies the uniqueness of the triplication of the 21st chromosome which causes Down syndrome. To bring awareness to this day, it is encouraged to wear and show off your colorful and mismatched socks! Why socks? When looking at chromosomes under a microscope, a pair of chromosomes when stained look like a striped pair of socks.



Another reason for wearing mismatched socks is to promote the celebration of differences. And lastly, by wearing mismatched, colorful socks is to get attention! When someone notices and asks, why the socks? It allows for a conversation about Down Syndrome. So, please ROCK YOUR SOCKS on March 21st!



Spring Sports Start Dates

- Jr High Softball will start March 6th.
- High School Softball, Junior High and High School Track will start on March 13th.
- Junior High and High School Baseball and Junior High and High School Golf starts on March 20th.
- Spring Trap Shoot (Clay Target) starts date TBD

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

March, 2023

Dates to Remember:



March 9 Parent Teacher Conferences (rescheduled from February)

March 15 Early Dismissal

March 22 End of Quarter 3



Glance ahead.... Trimont Elementary Music Concert is scheduled for May 4.

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

March's Monthly Theme - Our *Character Strong* curriculum in March will focus on **Cooperation**. One way to think about Cooperation is "working together to reach shared goals." Cooperation is 1 of 3 traits we will focus on throughout the year that helps students BE KIND. Throughout the school, students will be developing skills like perspective-taking, conflict resolution and leadership. Review Cooperation as a family! Search through your cupboards for some board games your family has not played in a while, or grab a deck of cards for a simple game of Go Fish. Pop some popcorn and have fun playing together! Look for moments of Cooperation that you can point out. For example: • Choosing which game to play • Choosing who gets to go first • Handling wins and losses • Working together to solve a problem



MATH Madness Month – Since we had so much fun celebrating reading in February, we didn't want to leave the content area of math "out in the cold". So staff have planned for Math Madness this March! Stay tuned for details from your classroom teachers.

Students and Social Media –

Some of our students are beginning to explore new forms of communication through technology apps such as Snap Chat, TikTok and other gaming platforms. This can present many risks and challenges for students. Be aware of the age restrictions on these popular apps. One podcast that has been a good resource for parents is "Smart Social: Keeping students safe so they can Shine Online."

Remember, you don't have to be a tech expert to talk to your children about technology. The conversation should be about your expectations when they're online. More information regarding secure family support can be found at AT&T and Verizon websites.

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

Parent-Teacher Conferences Rescheduled – Due to the recent weather related school closings we have rescheduled Parent-Teacher Conferences for the evening of March 9. Since this time is limited to one evening teachers will be meeting with a select group of students. If you have not been



March Newsletter

Nickole Bowie, Sherburn Elementary Principal
nickolebowie@mcwmavericks.org

Hello MCW families,

Reading is the theme for Sherburn Elementary in March! We will be celebrating “I Love to Read” month as we “Lasso a Good Book”. Students will be doing many fun activities to continue building a foundation and passion for reading. We are also excited that March 20 is the first day of Spring. We are all so happy to get on the warm side of winter. Know that our staff here at MCW schools are grateful for your families and all that you do to support your students and our schools. You mean the world to us! Go Mavs!
-Nickole Bowie



Early Dismissal

March 15th is an early dismissal for our staff. Students will be dismissed at 12:15.

End of 3rd Quarter

March 22 is the end of the 3rd quarter.

March’s Monthly Character Education Theme - Cooperation

Our Character Strong curriculum theme for March is Cooperation. One way to think about Cooperation is “working together to reach shared goals.” Cooperation is 1 of 3 traits we will focus on throughout the year that helps students Be Kind. Throughout the school, students will be developing skills like perspective-taking, conflict resolution, and leadership.



I Love To Read Month – Sherburn Elementary

March is “I Love to Read” month at Sherburn Elementary. The theme is Lasso a Good Book! During the month of March many fun activities will take place to encourage reading at home and at school. Get ready to read, March is almost here!



Kindergarten Round-Up

Who's going to Kindergarten next year? Come and join us for Kindergarten Round Up on Thursday, March 30, 2023 at 5:30PM at Sherburn Elementary School. ARRIVE at 5:15pm to turn in paperwork you will receive by mail! This will be a chance to meet the administration, Kindergarten teachers and elementary staff and tour the building. Supper will be provided! To RSVP or receive mailed paperwork, reach out to Carolyn at the Sherburn elementary office at 507-764-4461 or via email at carolynficken@mcwmavericks.org





Try Day Fri-Day!

This is an initiative to introduce a variety of healthy fruits and vegetables to our younger students. Studies have shown that eating patterns begin early. It is important that students get an opportunity to learn about nutritious food with both education and hands on learning. In the month of March, students will get to try one new fruit/vegetable a week on Friday. This year they will get to try pitted cherries, roasted sweet potatoes, pineapple, okra, grapefruit, and fig. Mrs Morgan has done a great job putting a rainbow of fruit/vegetables together for our students at the Sherburn Elementary to try! March is also National Nutrition Month so what a great time to do Try Day Fri-Day! Thank you to the Sherburn Lions Club for supporting this initiative!

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

- 3/15/23 - Early Dismissal/Staff Workshop
- 3/20/23 - Start of Spring
 - 3/22/23 - End of 3rd Quarter
 - 3/30/23 - Kindergarten Round Up 5:30PM at Sherburn Elementary School
 - 3/29/23 - Report Cards Sent Home



MARCH

Early Childhood Screening

Early childhood screening helps a school district identify children who may benefit from district and community resources available to help in their development. MCW provides this service **free of charge**, with a goal to screen every child before she/he turns four years old.

Appointment Dates/Details: Wednesday – April 5, 2023 (All day) MCW, Sherburn Elementary

Screening appointments take approximately 1 ½-2 hours to complete.

We're using SignUp (the leading online signup and reminder tool) to organize our upcoming activity. Here's how it works in 3 easy steps:

1. Click this link to go to our invitation page on SignUp: <https://signup.com/go/EJGkdn>
2. Enter your email address: (You will NOT need to register an account on SignUp)
3. Sign up! Choose your spots - SignUp will send you an automated confirmation and reminders. Easy!

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 Class

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.


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

Is an EV for me? Electric vehicle class
1 hour in length
March 13 at 6:30 p.m. at
Federated Rural Electric Warehouse
102 Guide St N.
Welcome MN 56181



 MARTIN COUNTY WEST

COMING SOON: PRESCHOOL OPEN HOUSE

Our experienced teachers and engaging curriculum offer children the opportunity to learn and grow in a safe, nurturing environment.

 **Watch for More Information**
www.martin.k12.mn.us under Community Education



Play-based learning



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 bounding, 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 Becthold at gbecthold@isd840.org or one of our participating schools Community Education office (MCW, 507-764-2336).



MCW Community Education & Recreation

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

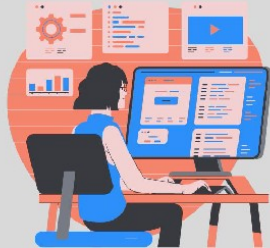
For more information and registration forms, visit www.martin.k12.mn.us

Learn Coding

Who: 5th and 6th grade students
When: April 4th-May 30th, T/Th, 3:30-5:00 pm
Where: Rm 111 at Trimont Elementary School

Students will be introduced to coding using Scratch, a free, block-based coding software.

It's free!



Planning for Long-term care

April 13, 2023
6:30-8:30 PM
MCW HS Foods room
FREE LEARNING

Register at
www.martin.k12.mn.us
under Community Education

**MORE INFORMATION IS COMING SOON!
PLANNING HAS STARTED FOR YOUTH SOFTBALL AND YOUTH BASEBALL**



BE WATCHING FOR SOFTBALL FUNDAMENTALS CAMP AND BASEBALL OPEN GYM

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



- Preschool Open House is coming soon!
- Early Childhood Screening
- Are you thinking about summer ball?

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

Chapter FFA Banquet

The FFA banquet will be held on Sunday, March 12th. The banquet will start promptly at 5:00, with a social time at 4:30 pm. RSVP's for the event are due to Mrs. Wohlhuter by March 3rd.

State FFA Convention

The State FFA Convention will be held at the University of Minnesota from April 23rd-25th. All FFA members that have qualified for the State Convention will meet with advisors in early April to get a schedule, hotel information and permission slips.

Notes about official dress: All students attending the convention will wear Official FFA dress at all times while at the convention. 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
- 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.

Upcoming Events

March 7th - FBM, Ag Sales, Crops, Job Interview, Ag Mechanics

March 12th - Chapter FFA banquet

March 31th - Little International @ SDSU, Brookings, SD

April 5th - Region Floriculture & Nursery Landscape CDE



MCW WILL BE OFFERING A FREE SCREENING OF “MY ASCENSION” DOCUMENTARY TO 6TH-12TH GRADE STUDENTS

The FFA and MCW social services department have partnered together to bring a showing of the documentary, My Ascension, to MCW students on March 17. My Ascension is a documentary about sixteen-year-old Emma Benoit’s attempted suicide, how she survived and how it propelled her on a mission to use her experience to help others find hope and stay alive. The film also highlights the stories of two other young people who, tragically, did not survive their attempts and the devastating effects suicide can have on families and communities.

Our hope is that the film and discussion afterwards will help bring awareness to students, staff, and families, and support mental health in our community. If you have questions about the event, please contact either of our school social workers.

Jana Brackey, LSW
K-6 School Social Worker
janabrackey@mcwmavericks.org

Heather Winter, LSW
7-12 School Social Worker
heatherwinter@mcwmavericks.org

Parents can also view the trailer and find more information on the My Ascension website:

<https://www.myascension.us/>

Monday

Tuesday

Wednesday

Thursday

Friday



Cereal/Toast **6**
Fruit Choice
Juice Choice
Milk

Breakfast Pizza **7**
Fruit Choice
Juice Choice
Milk

Eggs/Toast **1**
Fruit Choice
Juice Choice
Milk

Breakfast Burrito **2**
Fruit Choice
Juice Choice
Milk

Apple/BB Frudel **3**
Fruit Choice
Juice Choice
Milk

Cereal **13**
Fruit Choice
Juice Choice
Milk

Breakfast Sandwich **14**
Fruit Choice
Juice Choice
Milk

Biscuits/Gravy **8**
Fruit Choice
Juice Choice
Milk

Assorted Rolls **9**
Fruit Choice
Juice Choice
Milk

Banana Bread Squares **10**
Fruit Choice
Juice Choice
Milk

Pancakes **15**
Fruit Choice
Juice Choice
Milk

Bagels **16**
Fruit Choice
Juice Choice
Milk

French Toast Sticks **17**
Fruit Choice
Juice Choice
Milk

Cereal **20**
Fruit Choice
Juice Choice
Milk

Assorted Muffins **21**
Fruit Choice
Juice Choice
Milk

Pancake Wrap **22**
Fruit Choice
Juice Choice
Milk

Egg Taco **23**
Fruit Choice
Juice Choice
Milk

Yogurt Parfait **24**
Granola/Graham Cracker
Fruit Choice
Juice Choice
Milk

Cereal **27**
Fruit Choice
Juice Choice
Milk

Breakfast Pizza **28**
Fruit Choice
Juice Choice
Milk

Pancakes **29**
Fruit Choice
Juice Choice
Milk

Assorted Rolls **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

Monday

Tuesday

Wednesday

Thursday

Friday



Orange Chicken 6
 Fried Rice
 Steamed Veggies
 Mandarin Oranges

Sloppy Joe/Bun 7
 SP Fries
 Baked Beans
 Fruit Choice

Hotdog 1
 Baked Beans
 Broccoli Salad
 Sun Chip
 Fruit Choice

Chicken Strips 2
 Mashed Potatoes
 Gravy
 Corn
 Dinner Roll
 Fruit Choice

Italian Dunkers 3
 Dipping Sauce
 Steamed Peas
 Carrot Sticks
 Fruit Choice

Spaghetti 13
 Meat Sauce
 Steamed Broccoli
 Fruit Choice
 Garlic Bread

Soup Choice & Deli Sandwich 14
 Seasoned Corn
 Fruit Choice

Corn Dog 15
 Sun Chip
 Baked Beans
 Fruit Choice
 Early Out

Popcorn Chicken 16
 Mashed Potatoes
 Seasoned Corn
 Gravy
 Fruit Choice
 **Dinner Roll/*Goldfish

Pizza 17
 Green Beans
 Carrot Sticks
 Fruit Choice

Nacho's 20
 Assorted Toppings
 Seasoned Meat
 Ranchero Beans
 Fruit Choice

Chicken Fajitas 21
 Tortilla Shells
 Rice Pilaf
 Red/Green Pepper
 Steamed Broccoli
 Fruit Choice

Meatballs 22
 Mashed Potatoes
 Green Beans
 Gravy
 Fruit Choice
 Dinner Roll

Chicken Gravy over BP Biscuits 23
 Cooked Carrots
 Cole Slaw
 Fruit Choice

Grilled Cheese 24
 Tomato Soup
 Seasoned Corn
 Fruit Choice
 **Cheese Stick

Chicken Alfredo 27
 Rotini
 Steamed Broccoli
 Garlic Bread
 Fruit
 Cheese Stick

Hamburger/Bun 28
 Tomatoes, Onion, Cheese, Lettuce
 Oven Fries
 Steamed Veggies
 Fruit Choice

Orange Chicken 29
 Fried Rice
 Stir Fry Veggies
 Mandarin Oranges

Scalloped Potatoes 30
 Diced Ham
 Corn
 Fruit Choice
 Dinner Roll

Quesadilla 31
 Refried Beans
 Cooked Carrots
 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 1/2 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>