



# Martin County West

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

## Dear Maverick Families,

Happy spring to all in our MCW community! I harbor no illusions that the warm sun and green grass we are currently experiencing are with us for good and that the snow is fully behind us for the season. It's just too much fun to enjoy our spring-like weather and start daydreaming about all the things that will start to grow as the weather warms up for good.

In these next pages, you will read all about the exciting opportunities our students will have to continue learning and growing this month alongside the crocuses and daffodils. While their teachers and staff transition students into the final months of the school year, we are also looking ahead to and planning for next year.

In addition to all the spring-time activities going on in our schools, March will be a busy time of creating next year's budget and preparing for the May 14 special election on the school building project. The primary goal of the building project is to solve the budget problem that stems from having to spread the school district's limited resources out over three aging buildings. If voters approve the ballot questions to build a new school to house all our students and staff in one location, we will be able to make more efficient use of the resources entrusted to the school district to achieve our mission "to provide an engaging education that nurtures learners who are confident critical thinkers prepared to contribute to an ever-changing world." The school board will have to make harder and harder choices about the budget in

order to maintain fiscal viability until the school district's buildings are better matched to our current and future student body.

There will be many opportunities to find out what the school district will ask for - and why - on the May 14 ballot, including the school website, social media, newspaper, radio, mailings, and open houses. We're working to prepare all the details each voter will need to make an informed decision when they vote. The decisions we as a community make about our schools will affect current and future students, staff, families, and every single community member for decades to come.

Each of our seven school board members, three principals, many staff people, and I stand ready to answer questions and talk through these issues with you. Please reach out any time as you admire the new buds on the trees and ponder the future of our Martin County West Schools.

In partnership for education,  
Cori Reynolds  
Superintendent

## SAVE THE DATE

Referendum Open Houses  
MCW High School  
March 26, 5-7pm  
April 29, 5-7pm

\*More details coming soon

## Important Dates:

- > March 27—End of 3rd Quarter
- > March 28-April 2—Spring Break
- > April 30—Midquarter
- > May 14—Election Day
- > May 27—Memorial Day—No School
- > May 30—Last Day of School K-12
- > May 31—1/2 Day Teacher Workshop

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# MCW JR/SR High School March Newsletter

## DATES TO REMEMBER

### March

- Early Dismissal  
Mar 27th
- End of Quarter 3,  
March 27th
- Spring Break  
Mar 28 - Apr 2

### April

- Administrative  
Professionals  
Week: April  
22-26
- Mid Quarter of  
4th Quarter April  
30

### May

- School Lunch  
Provider  
Appreciation Day  
May 3
- Prom May 4
- Teacher  
Appreciation  
Week: May 6-10
- School Nurse  
Appreciation Day  
May 8
- No School,  
Memorial Day  
May 27
- Last Day of  
School for  
Students May 30
- Last Day of  
School for Staff  
May 31 (½ Day)

### June

- Graduation  
Commencement  
June 2

Hello MCW Families, Winter has been generously kind to us this year, could we be so lucky to avoid spring fever that tends to show up in March? 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 three months of school.

- Continue to limit cell phones and gaming at night! Bedtime is so important, even to high school students. Have students turn in devices by 10pm and get to sleep!
- Start a countdown for the next break which comes on March 28th!
- 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.

**ACT/ASVAB/Accuplacer/MCA Testing Schedule** - MCA’s are MN state mandated tests for students. MCAs at the Jr/Sr High School will take place in April this year. It is important that students take tests seriously and show learning growth from their past years’ scores.

- April 9th ACT or ASVAB or Accuplacer (11th Grade)
- April 9th,10th,11th (7th Grade Reading)
- April 9th,10th,11th (8th Grade Reading)
- April 16th,17th,18th (10th Grade Reading)
- April 16th,17th,18th (11th Grade Math)
- April 23rd,24th,25th (7th Grade Math)
- April 23rd,24th,25th (8th Grade Math)
- April 30th, May 1st,2nd (8th Grade Science)
- April 30th, May 1st,2nd (10th Grade Science)

**End of Quarter 3** - We will finalize 75% of the school year on March 27th! Encourage students to keep working hard until the last day of school.

**Early Dismissal** - March 27th is an early dismissal for students. Students will be dismissed at 12:15 for shuttle buses and 12:30 for route buses.

**Senior Trip** - March 24th - March 29th. Seniors attending need to make sure Quarter 3 work is finalized before leaving.

### **Message from Mr. Neduzak, Academic Dean**

- Dollars for Scholars applications due on March 15th! [LINK](https://mcw.dollarsforscholars.org/index.php?section=chapterWebsite&action=student_parent&fwID=906).
- Seeking ACT prep materials, consult with Mr. Neduzak for access to On To College prep material.
- Students have submitted course choices for the upcoming school year. Mrs. Welcome and Mr. Neduzak will use these choices to build next years’ schedule.

### **Spring Sports Start Dates**

- Junior & High School Softball & Track will start March 11th.
- Junior & High School Baseball & Junior & High School Golf starts on Mar 18th.
- Spring Trap Shoot (Clay Target) starts date TBD



## MCW JR/SR High School March Newsletter

**School Social Worker Week** - We honor our school social worker, Ms. Winter, in light of National School Social Worker week, March 3rd - 9th. Ms. Winter is a light for many of our staff, students and families that need some extra help to get through tough times.

**World Down Syndrome Day** - March 21, 2024 is the 19th 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?



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!



**MCW Fan Gear** - Help fund the Jr/Sr prom from <https://dstrophiesmn.com/mcw-schools/>

**Student Sick? Know When to Stay Home and When to Come to School?**

- Stay home for fevers >100.3, diarrhea, vomiting, & coughs that disrupt breathing/activities.
- Come to school if naturally fever free, no diarrhea, & no vomiting for 24 hours.
- If your student stays home for illness (or any reason), please notify the school ASAP.

**Stay Informed** - Visit the **District webpage** at [www.martin.k12.mn.us/](http://www.martin.k12.mn.us/) Please check in regularly for updates. And, LIKE US on Facebook at <https://www.facebook.com/mcwJHSHschool>



# Trimont Elementary

March, 2024

## Dates to Remember:



March 27 Early Dismissal

March 28 - April 2  
Spring Break (No 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)

**March's Monthly Theme** - Our *Character Strong* curriculum in March will focus on **Cooperation**. Cooperation is "working together to reach shared goals." Throughout the school, students will be developing skills like perspective-taking, conflict resolution and leadership.

**Maverick Minds: Math, Science and Success** - This after school program at Trimont Elementary will run from 3:15-4:45 p.m. Monday, Tuesday and Thursday through the month of April. **Mav Minds** consists of a structured after-school study time and an academic session in *math* and *science*. Call the Trimont office if you are interested in signing your 3-6<sup>th</sup> grade student up for this program.

**Spring MCA Assessments** - Students will be taking the Minnesota Comprehensive Assessments during March and April. These assessments are required by the state of Minnesota and help our district ensure that our curriculum meets the state standards. They also help teachers plan for instruction and learning and allow us to measure student performance against the state standard. These assessment results are used to help determine if students are mastering key content knowledge and attaining the skills necessary to be successful at the next level. The testing calendar is posted to the District website under "Parent Links".

Grade 4 Reading - March 19-20  
Grade 5 Reading - March 21-22  
Grade 6 Reading - March 25-26  
Grade 3 Reading - April 4-5  
Grade 5 Science - May 1-2

Grade 4 Math - April 9-10  
Grade 5 Math - April 16-17  
Grade 6 Math - April 18-19  
Grade 3 Math - April 23-24

**War of the Currents Lyceum** - We have an opportunity to bring The Bakken Museum's Outreach Program to Trimont Elementary on March 1st beginning at 1:00 p.m. This program is sponsored by Federated Rural Electric Company and Great River Energy.

**Ice Skating** - Sixth graders will have the opportunity to go ice skating on Friday, March 8. Students will ride a bus from Trimont over to the Fairmont Hockey Area at 8:30 a.m. and return around 11:00 a.m.

**March MATH Madness** - Since we had so much fun celebrating reading in February, we didn't want to leave math "out in the cold". Stay tuned for details on how we plan to use IXL to challenge our students this month. Parents, did you know that your child has access to IXL from home? This personalized learning platform is at their fingertips with fun ways to sharpen reading, math and now science skills. Learn more about this amazing program by reaching out to your child's teacher!







# Sherburn Elementary

## COOPERATION

is working together  
to reach shared goals

### Conversation Starters:

- Can you share or show what Cooperation means?
- Why do you think it is important to show Kindness and practice Cooperation?



### Color in Cooperation







## Kindergarten Round-Up

Who's going to Kindergarten next year? Come and join us for Kindergarten Round Up on Thursday, April 25 from 5-7pm at Sherburn Elementary School. Please make sure to turn in paperwork you will receive by mail to the office! This will be a come and go open house. This will give you the 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 the office at the Sherburn elementary office at 507-764-4461 or via email at [nickolebowie@mcwmavericks.org](mailto:nickolebowie@mcwmavericks.org)

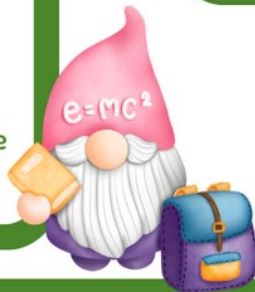
## Stay informed

<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

3/27/24 – End of 3rd Quarter  
3/27/24 – Early Dismissal  
3/28 – 4/2 – Spring Break  
4/5/24 – Report Cards Sent Home



## Field Trips

Field trips are being scheduled! Information will be communicated by the teacher to the families. If you have questions, please reach out to the classroom teacher.



# ~The Reading Review~

## March Issue

### Importance of Writing and Reading!

Our Title Team has been fortunate to attend LETRS training which explains The Science of Reading and how we should teach children to read.

It has been extremely interesting and we have enjoyed our first class! There is so much research out there about the brain and how we read.

One thing that has really stuck with me is the correlation between letter recognition and writing a letter correctly. Our brain can struggle to decode a word, especially if we don't write our letters correctly. We make pathways in our brain constantly but sometimes those pathways aren't as smooth as we want. One reason could be because we write our "b" or "d" or "q" or "p" wrong and then when we try to read a word with those letters in it our brain doesn't recognize the letter.

Practicing writing letter correctly is a key part of being able to read and decode letters!

### Recommended Books!

#### **March Picks:**

-*"Titanicat"* by *Marty Crisp*

-*"Velveteen Rabbit"* By: *Margery Williams*

-*"The Secret Life of Walter Kitty"* By: *Julia Cook*

*ANY DR. SEUSS BOOK!!!*

### **Character Strong: Cooperation**

*"Teamwork Isn't My Thing and I Don't Like to Share"* By: *Julia Cook*

*"The Whispering Town"*  
by: *Jennifer Elvgren*

Questions or  
Comments?

Email Me:  
[kaylaze@mcwmavericks.org](mailto:kaylaze@mcwmavericks.org)

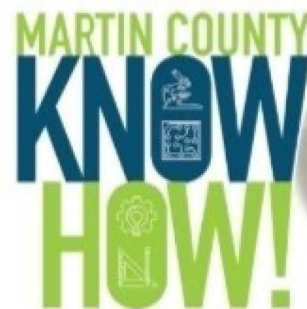


## Community Education & Recreation

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

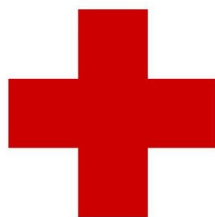
### MCW Hosts 3rd & 4th Grade Robotics Competition

3rd and 4th grade students are participating in the Spring VEX IQ Robotics program. Teams of students will work together to create a robot using VEX IQ components. These kits are provided through grants and donations to Martin County Know How. Participants in the program are at work this month building robots in anticipation of the competition being held at MCW—Trimont Elementary on April 13th. This event requires students to navigate their robots around the game field, working collaboratively to score points by placing blocks in goals, clearing the supply zone, and parking their robots. These robots are created from a kit of pre-approved parts. Students will follow a set of instructions to build a base robot and then they are free to create their own designs to better play the game.



This Martin County KnowHow! VEX IQ Robotics Competition will host 3rd and 4th graders from the Truman, Fairmont, Martin County West, and Granada-Huntley-East Chain school districts — around 50 students are expected to participate. It is exciting to see these young minds working together to face a friendly collaborative challenge. These students will spend several weeks building and learning how to operate their VEX IQ robots, and are excited to put their hard work to the test. You can see the robots and the controllers in action starting at 9:00 AM on Saturday,

### Lifeguard Training



**March 1 5-9pm**

**March 2 9am-6pm**

**March 3 9am-6pm**

at St. James High School

This course will consist of 7-10 hours of online training that will need to be completed before the classroom portion of the March 1<sup>st</sup> class.

Registration Deadline February 23rd

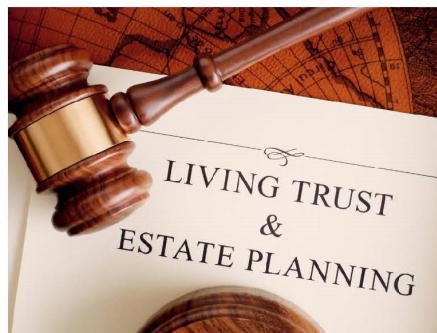
Must be 15 years old by the last day of the course  
Cost: \$200

Please call the Community Ed office to register  
507-375-4517

Or email [atetzloff@isd840.org](mailto:atetzloff@isd840.org)

### Understanding Trusts

Join MCW CER and Ford & Lustfield Law Office to discuss the in's and out's of Trusts. This is a "NO COST" program available to all community members. April 11, 2024 at the MCW JH/HS Foods Room at 6:30 PM. Registration on School-



Pay is appreciated. Please contact the CER office for more information at 507-764-2336



## Community Education & Recreation

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



### EARLY CHILDHOOD FAMILY EDUCATION

The state of Minnesota is celebrating the Early Childhood Family Education (ECFE) 50th anniversary on April 11, 2024. The celebration honors the efforts and services that ECFE parent educators and early childhood teachers have dedicated to supporting families through teaching child development, sharing parenting skills, and building relationships within the community. The mission of ECFE has always been to strengthen families through child development education and to provide support to all parents for the healthy growth and development of their children, which sets the stage for children's school success. ECFE recognizes that parents are their child's first and most important teachers.

One of the most critical stages of development and learning is from birth to 5 years old. The first five years of child development are crucial to their growth and well-being. Research has indicated how critical language skills, self-regulation and social-emotional skills are during this time. In addition, parents' responses to their infants' needs help establish a secure attachment which builds a healthy development later in life. Parents influence their child's language and

literacy skills during the first five years. Lastly, having a supportive system of family and friends builds positive connections within the community to help equip families for challenges during all seasons of childhood.

School districts across Minnesota have Early Childhood Family Education for families with children. The program is under the umbrella of Community Education and Recreation. Together, parents and children, newborn to kindergarten age, participate in activities and experiences that foster children's social, emotional, cognitive, physical and language skills. Parent-child sessions, help parents increase positive interactions and support parent-child relationships. ECFE also holds family events which help create community connections. Early Childhood screening provides a child's health and development through a screener. If you have questions about ECFE please reach out to Nickole Bowie, CER director at [nickolebowie@mcwmavericks.org](mailto:nickolebowie@mcwmavericks.org) or 507-764-2336.

## INDOOR WALKING



TRIMONT ELEM. - 6-7AM & 4-5:30PM  
SHERBURN ELEM - 6-7AM & 4-5:30PM  
SHERBURN JR/SR HIGH - 6-7AM & 4-5:30PM

**ON SCHOOL DAYS**

## MCW Preschool 2024-25



Martin County West Community Education & Recreation is starting to think about Preschool.

We are proud to be recognized as a 4-Star Parent Aware Program. This program's mission is to help families and educators, to provide quality education children need to succeed in school and life. The educational experiences a child has in the first 5 years will shape the adults they become. Stay tuned for more information on Spring Registration for 2024-2025 Preschool classes offered in Trimont and Sherburn to students ages 3 years old and 4 years old by September 1, 2024. If you know someone in our community that may be new with young children, please encourage them to check in with us in the CER office at 507-764-2336.

## Community Education & Recreation

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

### 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 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 Becthod at [gbetcthold@isd840.org](mailto:gbetcthold@isd840.org) or one of our participating schools Community Education office (MCW, 507-764-2336).

### Free Swim through March 31, 2024

Every Wednesday through March 31, MCW Swimming Pool will be hosting Free Swimming to all with special abilities. Join us from 6:30 to 7:30 PM each Wednesday. One companion swims free as well.

## Martin County West Indoor Swimming Pool

105 E 5th Street

Sherburn, MN 56171

507-764-3651 - during pool hours

507-764-2336 - CER Office

MCW Pool is a six-lane, heated, indoor swimming pool with a ramp for easy accessibility. Several types of exercises and recreational equipment are available for use and a diving board.

#### Notice of Schedule Changes and Pool Updates via Email

If you would like to be on the email list for schedule changes and pool updates, please contact the Community Education Office - (507)764-2336.

#### Open Swim

Summer Hours: Monday, Wednesday & Friday from 2:00 - 5:00 PM and Saturday & Sunday 1:00 - 4:00 PM

#### Fitness Swim

Mondays, Wednesdays, & Fridays, 6:00-8:00am and 5:30-6:30pm and Saturdays, 12:00-1:00pm

#### Water Aerobics

Mondays, Wednesdays, & Fridays, 7:00-8:00am

#### Special Needs Swim

Wednesdays, 6:30-7:30pm Anyone with mental, physical, or emotional disabilities is welcome.

#### Rental

The pool is available for private rental for birthday parties, church groups, youth groups, any group large or small, starting at \$75. \$25.00 for each additional hour. A \$25.00 deposit paid via SchoolPay will be required at the time of rental request. Refunds for the deposit will be made if MCW CER is unable to meet the needs of the rental request.

1 lifeguard is able to guard up to 25 swimmers. There is an additional \$25.00 fee for each additional lifeguard.

Check the MCW webpage for Rental Request Form to complete online.





# MCW FFA and Ag Department

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## Chapter FFA Banquet

The FFA banquet will be held on Sunday, March 10th. The banquet will start promptly at 5:00. RSVPs are due March 1st. FFA members should wear official dress to the banquet.

## State FFA Convention

The State FFA Convention will be held at the University of Minnesota from April 21st-23rd. 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. Please plan ahead to ensure your FFA member has proper official dress prior to convention. Shoes should be comfortable, all-black shoes as they will walk quite a bit during convention.

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 5th - Region CDE's - FBM, Ag Sales, Crops, Job Interview, Ag Mechanics

March 10th - Chapter FFA banquet

April 5th - Little International

April 10th - Region CDEs - Floriculture & Nursery Landscape

April 12th - Region CDEs - Dairy, General Livestock, Meats

April 21st-23rd - State FFA Convention

# MARCH 2024

## Martin County West Schools

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

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**
**Breakfast Burrito**

Fruit Choice  
Juice Choice  
Milk

**4**
**Apple Frudel Bar**

Fruit Choice  
Juice Choice  
Milk

**5**
**Pancake Wrap**

Fruit Choice  
Juice Choice  
Milk

**6**
**Blue Berry Bubble Bread**

Fruit Choice  
Juice Choice  
Milk

**7**
**Biscuits and Gravy**

Fruit Choice  
Juice Choice  
Milk

**8**
**Egg/Toast**

Fruit Choice  
Juice Choice  
Milk

**11**
**Waffles**

Fruit Choice  
Juice Choice  
Milk

**12**
**Breakfast Pizza**

Fruit Choice  
Juice Choice  
Milk

**13**
**Assorted Muffins**

Fruit Choice  
Juice Choice  
Milk

**14**
**French Toast Sticks**

Fruit Choice  
Juice Choice  
Milk

**15**
**Strawberry Bagels**

Fruit Choice  
Juice Choice  
Milk

**18**
**Cinnamon Roll**

Fruit Choice  
Juice Choice  
Milk

**19**
**Cereal**

Fruit Choice  
Juice Choice  
Milk

**20**
**Breakfast Sandwich**

Fruit Choice  
Juice Choice  
Milk

**21**
**Yogurt Parfait  
Granola/Graham Crackers**

Fruit Choice  
Juice Choice  
Milk

**22**
**Breakfast Burrito**

Fruit Choice  
Juice Choice  
Milk

**25**
**Banana Bread**

Fruit Choice  
Juice Choice  
Milk

**26**
**Cereal**

Fruit Choice  
Juice Choice  
Milk

**27**
**No School**
**28**
**Spring Break**
**No School**
**29**
**Spring Break**

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

Cold cereal is offered every day

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Mac & Cheese**  
Sun Chip  
Peas  
Fruit Choice

**1**

**Popcorn Chicken**

Mashed Potatoes  
Gravy  
Corn  
Fruit choice  
Dinner Roll

**4**

**Tacos**

Seasoned Beef  
Tortilla Shell  
Assorted Toppings  
Fiesta Beans  
Fruit Choice

**5**

**Ham or Turkey Sub**

Assorted Toppings  
Sun Chip  
Potato Salad  
Fruit Choice

**6**

**Hamburger**

WG Bun  
Oven Fries  
Steamed Broccoli  
Fruit Choice

**7**

**Cheese Quesadilla**

Cooked Carrots  
\*\*Rice  
Fruit Choice

**8**

**Orange Chicken**

Fried Rice  
Stir Fry Veggies  
Mandarin Oranges

**11**

**Pulled Pork**

WG Bun  
Cole Slaw  
Baked Beans  
Fruit Choice

**12**

**Chicken Patty**

WG Bun  
Mashed Potatoes  
California Blend  
Fruit Choice

**13**

**Omelets**

Cinnamon Rolls  
Cooked Carrots  
Orange Juice  
Fruit Choice

**14**

**Cheese Pizza**

Green Beans  
Carrot Sticks  
Fruit Choice

**15**

**Chicken Strips**

Mashed Potatoes  
Corn  
Gravy  
Fruit Choice  
Gold Fish

**18**

**Rotini**

Spaghetti Sauce/Meat  
Garlic Toast  
Peas  
Fruit Choice

**19**

**Hot Ham**

WG Bun  
Scalloped Potatoes  
Steamed Broccoli  
Fruit Choice

**20**

**Nacho Chips**

Seasoned Beef  
Cheese Sauce  
Fiesta Beans  
Fruit Choice

**21**

**Grilled Cheese**

Tomato Soup  
California Blend Veggies  
Fruit choice  
Cheese Stick

**22**

**Chicken Alfredo**

Rotini Noodles  
Garlic Bread  
Broccoli  
Fruit Choice

**25**

**Turkey & Dressing**

Mashed Potatoes  
Corn  
Fruit Choice  
Dinner Roll

**26**

**Hotdog**

WG Bun  
Baked Beans  
Fruit Choice

**27**

**No School**

**Spring Break**

**28**

**No School**

**Spring Break**

**29**

Early Out

**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. 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.