

October 2022

Martin County West

Happy October Maverick Families!

We have now made it through the first month of the school year. As always, it was an adventure getting used to being back at school again. Every day as I walk through the hallways of our schools and visit with students and staff, I can see that everyone is starting to feel more comfortable with and confident in their new schedules, classes, and relationships.

As everyone settles in, I hope the exhaustion that comes with a new school year is easing a bit. We are moving into one of my favorite times of the year: it's cool enough that we aren't sweaty, the frost has taken care of the bugs and allergens, and there are all kinds of fun events to do. Whether it's volleyball games, cross country meets, Friday nights under the lights on the football field, fall festivals, bonfires, leaves to rake and jump into, or the trunk-or-treat events around Halloween, there are so many opportunities to spend time together as a family in the community.

Participating in community events is beneficial for children of all ages. If the events are at our schools, it helps them learn that school is a fun, safe place to be - even beyond the school day. If they are with their parents and important grown-ups, it gives them precious time with the people who love them most. If there are other people around, they get to practice social skills like having conversations, taking turns, and paying attention. If those other people work at their school, they get to see and interact with them in another setting that helps build strong, caring relationships. If they interact with other people in the community, they build relationships with more people who care about them which is helpful for everyone's wellbeing.

I spent my career before I came to MCW in the Community Education & Recreation department. CER is based on the idea of a lighted schoolhouse that becomes a community gathering place after the school day is complete. CER activities provide opportunities for people of all ages to learn outside of the school day. That background has instilled in me a deep belief in the idea that community involvement leads to learning. Learning how to do yoga with our neighbors or kids putting on a performance with other kids are very cool things; perhaps the coolest part is the interactions we have with others as we learn and do.

Let's have some fun together this fall!

*In partnership for education and fun,
Cori Reynolds, Superintendent*



Important Dates

Wednesday, October 5

Midquarter

Wednesday, October 19

Early Dismissal – Students will be dismissed at 12:15 PM

Thursday, October 20 and Friday, October 21

MEA – No School



MARTIN COUNTY WEST PUBLIC SCHOOLS

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

September 21, 2022

Dear Martin County West Families,

At their meeting on Monday, September 19, 2022, the school board approved a plan developed by teachers to offer e-learning days during the 2022-2023 school year. An e-learning day is an instructional day that takes place at home when weather conditions are too poor for school to be held in the buildings. This will help us continue student learning even when the weather does not cooperate and avoid having to make up days later in the school year.

The requirements for e-learning days are:

- They can only be used for inclement weather.
- There can be a maximum of five e-learning days in one school year.
- They are counted as instructional days and included as hours of instruction.
- The E-Learning Day Plan must be approved by the School Board. This occurred on September 19, 2022.
- Schools must make accommodations for internet connectivity issues.
- Teachers must provide accessible digital instruction for students with disabilities.
- Families must be notified annually at the beginning of the school year. This letter is the notification for the 2022-2023 school year.
- Families must be notified at least two hours before the school day begins.
- Students must have access to teachers via telephone and/or online during normal school hours.

The MCW E-Learning Days Plan can be found at martin.k12.mn.us. Over the next few weeks, teachers will be making plans for e-learning days specific to their classes this year. Teachers will have more information about e-learning day activities for your children at fall conferences.

In the event that an e-learning day is used, families will receive alerts via phone, text, and email. The notification will also be posted on each school's Facebook page. Please log into Infinite Campus to check that your contact information is updated, and call your children's school office to make any necessary changes.

Please plan to attend fall conferences to learn more about the teachers' plans for our trial run with e-learning days this year.

In partnership for education,

Cori Reynolds
Superintendent



MCW JR/SR High School

October Newsletter

Dates to Remember

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

*Mid Quarter October 5th

*Early Out October 20, 2022

*MEA Break October 21st - 22nd.

*Parent Teacher Conferences at Jr/Sr High School November 17, 4p-8p

*Fall Break, November 24th-25th

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

Hello MCW families,

We have all survived the first month of school! Students have adjusted well to learning again and our staff have adjusted well to planning, prepping and instructing again. Our new instructors from last year and the current year and doing well and asking really good questions. There is no shortage of great support for us all here. I honestly can not say enough about the willingness of the Jr/Sr High School Team to help each other and our students when there is a need or something new to learn or figure out.

October is a fun filled month, it is going to kick off with Homecoming! It of course is a week full of planned, fun events ... but please be sure to remind students to limit their fun within the parameters of the law, within the parameters of maintaining learning and most importantly, maintaining their safety by making good choices.

Happy October and GO MAVERICKS! ~Autumn Welcome

Senior Interviews - Ms. Hornick, the school Guidance Counselor, has scheduled senior meeting with all of the senior students. During this meeting, Ms. Hornick makes sure students have or are taking the remaining classes needed to graduate. She inquires about the students future plans and makes sure the appropriate classes and testing has taken place to allow students to meet their future goals. Other topics covered include acquiring transcript, acquiring letters of recommendation, completing FAFSA forms and organization/safe keeping of these documents. All parents are welcome to attend their students senior meeting; please check with your student or Ms. Hornick to verify their meeting time if you'd like to attend.

Senior Chili Feed - The Senior Chili Feed will take place this year on Friday, October 7th at the Jr/Sr High School Cafeteria. Be sure to buy a ticket to attend from one of our senior students. All profits raised help support students attending their Senior Class Trip to Washington D. C. this spring.

Homecoming Week - October 3rd - 7th is homecoming week. The members of the student council are actively planning events for the week including dress up days with prizes, grade-level challenges, coronation and a homecoming dance. More information to come as this week nears.

Cheesecake Fundraiser - October 20th - November 3rd the seniors will sell cheesecake cupcakes. These delicious little treats will arrive just in time to be served at your Thanksgiving festivities if you choose to support the fundraiser. The profits of this fundraiser are used to fund senior students' senior trip.

Jr/Sr High School Book Fair - The Jr/Sr High School will be hosting a Scholastic book fair during the week of October 17-21. More details to come on this fun event for our students. More information can be found at <https://bookfairs.scholastic.com/bf/mcwjrshighschool>

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

October, 2022

Dates to Remember:

October 3-7 – MCW Homecoming week

Oct. 19 – Early Dismissal

Oct. 20-21 - EA Break No School

Nov. 10 - Parent Teacher Conferences, 4:00-8:00 p.m.


Nov. 17 - Parent Teacher Conferences, 4:00-8:00 p.m.

Nov. 23 – Early Dismissal

Nov. 24-25 - No School

Trimont Elementary School Office
Hours 7:30am - 4:00pm.
507-639-2071



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

Michele Baker
Trimont Elementary
Principal
michelebaker@mcwmavericks.org

Now that we are back into a regular fall routine here at school, getting into the habit of regular daily attendance is more important than ever.

Regular School Attendance at school helps to:

- **Reduce stress** through providing regular structure for students and families.
- **Social Emotional** support making it easier to connect with friends and teachers.
- **Student Achievement** and Success in later life.

We are working to make the environment at Trimont Elementary a place where everyone feels welcomed and supported. We will do our best to listen and partner with you so that our children have a successful year. Let's work together to: **Keep Safe** – Remind students to show their Maverick Pride on the bus and follow all bus and bus stop expectations so students arrive to school ready to learn. **Keep Healthy** – Make sure students get adequate sleep, eat well and exercise. If you are not certain whether to send your child to school due to illness, call Nurse Megan Morgan to discuss the situation. **Keep Connected** – Families, join us for the Homecoming parade and pep fest. Parent-Teacher conferences are also coming up in November. We welcome you into the building! **Keep Learning** – If your child has to stay home due to illness, contact your child's teacher to develop a plan for learning at home.

Homecoming 2022 - The week of October 3 – 7 will be filled with tradition and school spirit as we celebrate Homecoming 2022 at MCW. Trimont Elementary students will participate in dress up days and a District parade and pep fest on the High School Football Field in Sherburn on Friday, October 7th. We will kick-off the week with a pep fest at Trimont Elementary on Monday, October 3 at 2:30 p.m. in the Trimont Elementary gymnasium.

Homecoming Dress up Days are:

- ❖ Tuesday, October 4 – Sports Fan Day
- ❖ Wednesday, October 5 – Class Color Day
 - 3rd Grade - Red
 - 4th Grade - Blue
 - 5th Grade - Green
 - 6th Grade - Purple
- ❖ Thursday, October 6 Tie Dye (Volleyball Cancer Night)
- ❖ Friday, October 7, Maverick Colors Black and Blue

eLearning Days – The board has approved the use of eLearning days in case of winter weather school cancellations. Look for more information regarding the student expectations during an eLearning day at Parent/Teacher conferences in November.

Candy Bar Fundraiser - In support of the student activities funds for Trimont and Sherburn Elementary Schools, we will be selling chocolate bars from October 12-31st. Bars will be sold individually (\$1) or as a whole box (\$60). We ask that all money and chocolate bars go through the classroom teacher rather than bringing them into the office. This will enable us to better track student sales and avoid confusion. If you have a local business and would like to purchase a whole box to share or sell in your business, please feel free to reach out to a student seller or our office assistants.

October Newsletter

Nickole Bowie, Sherburn Elementary Principal

nickolebowie@mcwmavericks.org



October 2022

The last few weeks of September were busy for Sherburn Elementary. Our students have re-learned expectations at school, at sporting events and on the bus. As October begins, it is important to continue reminding students of the expectation to be a student citizen that respects others in school, at sporting events and on the bus. Students that follow expectations and show their Maverick Pride are true role models for all students. A fun incentive for being a Maverick role model is the chance to earn rewards such as pride tickets, student of the week, student of the month and pizza with the principal! Another October reminder is for the weather; days are unpredictable and can start warm and end cold and vice-versa. Please be aware of weather changes and send students with clothing that they will be comfortable in when they are outside for recess times. I am continuing to get to know the students here and so far it has been a great experience. Our Sherburn Elementary Mavericks are filled with excitement to learn and socialize, making our school a great place to be. -Nickole Bowie

Attendance

Did you know that absenteeism in the first month of school can predict poor attendance throughout the school year. Half the students who miss 2-4 days in September go on to miss nearly a month of school. In addition, a student's attendance directly correlates with their ability to read proficiently (source Attendance Works). Please be an advocate for your students' school attendance; if students are **healthy** send them to school! When not possible due to illness, please be sure to let the office staff know that your child will be absent, needs to leave school early, or will be late to school. It is very important that we keep accurate records of attendance.



Bus Safety

Appropriate behavior on the bus is an important part of the school day for many of our students. The ride to and from school can have a big effect on a child's ability to focus during the school day. **Transportation to and from school is a privilege**, therefore students are expected to follow the behavioral expectations on the bus. These expectations are in place to ensure the safety of students while in transit and preserve a child's readiness to learn.

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



Candy Bar Sales

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



Upcoming Events

- ★ **Homecoming Week** - October 3rd-7th - Watch for information from students' teachers regarding dress up days, parade and pepfest.
- ★ **Mid Quarter** - Oct 5
- ★ **Fire Prevention & Safety Day** - October 11th
- ★ **Kindergarten Field Trip** - Center Creek Orchard October 14th
- ★ **Candy Bar Sales** - Sales will run from October 12 to October 31st.
- ★ **Early Out** - October 19th
- ★ **Fall Break** - October 20-21st

Stay Informed

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



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.

Game Club

HAVE A SNACK + PLAY SOME GAMES

- ❖ **3rd Monday of every month, Oct-May**
- ❖ **3:15-4:30 PM**
- ❖ **Sherburn Elementary School Library**
- ❖ **Open to K-2nd Grade**
- ❖ **Max of 10 kids**
- ❖ **Class Instructor: Cori Reynolds**
- ❖ **\$5.00 per student per month**



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

DRIVER DISCOUNT PROGRAM

DATE CHANGED TO OCTOBER 15!

Get 10% off your car insurance for 3 years!

The 4-hour refresher course will be offered by the Saint Cloud State University for Drivers over 55 years of age.

This class will be held at MCW Trimont Elementary School on **October 15, 2022 (note the date change)**

From 9:30 AM to 1:30 PM.

Register at www.driverdiscountprogram.com

Or call (320)308-1400



Death, Probate and Taxes....

Oh My!: Estate Planning 101

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

This class will be hosted in the MCW High School Foods room on Thursday, October 27, 2022 from 6:30-8:30 PM.

You can register at <https://forms.gle/2AsNiBzkEyVCRCFq6> or call the CER office.

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!

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

Marvelous Munchies: Trail Mix

Join local holistic nutritionist, Jackie Mart, for a
hands-on children's class!

We will be mixing up a few mouth-watering, grab-and-go treats you can take with you to snack
on anytime, anywhere!



On the Menu:

~ Sweet N' Salty ~ Monster Cookie ~ Brain-Boosting

on Wednesday, December 28, 2022 from 3:30-4:30 PM in the
High School Foods room.

The cost is \$35.00. Register on the MCW CER webpage.

Tasty Tacos:

You don't have to wait until Tuesday to enjoy this
Mexican meal! Join holistic nutritionist, Jackie Mart, in
preparing this taco inspired line-up for kids!



On the Menu:

Baked Taco Cups

Chicken Ranch Tacos

7-Layer Taco Dip

Hosted on Wednesday, November 23, 2022 from
1:00—2:00 PM in the High School Foods room.

The cost is \$35.00.

Register on the MCW CER webpage.

Let it Snow

Bring the kids for a children's hands-on
cooking class perfect for snowy days!

We will be making a few healthy recipes
the kids can easily make on their own.



On the Menu:

~ Coconut Snowballs ~ Frosty Sugar
Cookie Smoothie ~ Sweet Cinnamon
Tortilla Snowflakes



Hosted on Wednesday, December 28,
2022 from 2-3 PM in the High School
Foods room.

The cost is \$35.00. Register on MCW
CER webpage.

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



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

SOfit

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.

Fall Session runs Tuesdays, October 11 to 25.

Winter Session is Tuesdays, February 14 to 28.

Check out and register on Fairmont Community Education Website.



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 DRAMA PRESENTS:



NOVEMBER 18, 19 + 20
SHERBURN THEATRE



MCW FFA and Ag Department

Corn Drive

The Martin County West FFA Chapter will be holding their annual corn drive in October. The corn drive funds a variety of local community projects each year, and helps our chapter support Camp Courage. If you would like to donate and were missed, please contact Jonah Mayo at jonahmayo@mcwmavericks.org or call 507-764-4661.

FFA Membership & Dues

If you haven't done so already, please complete the FFA membership form located at www.mcwffa.theaet.com and pay your FFA dues to the high school office (\$22 for high school members, \$15 for junior high members). Follow Martin County West FFA on Facebook or Instagram for updates on events.

Fruit Sales Kickoff

The meeting to kick off our annual fruit sales fundraiser for 7th-12th grade will be the week of October 3rd. We will be using ONE website this year - myfruitsale.com to sell all of our different items. Contact Mrs. Wohlhuter with any questions.

Upcoming Events

Week of October 3rd - Fruit sales kickoff

October 11th - MCW hosts Region 6 Forestry, Soils, Horse and Poultry Career Development Events

October 25th-30th - National FFA Convention

October 29th - Fruit sales orders/checks due



The MCW Agricultural Education department hosted an agricultural safety day on Thursday, October 22nd to bring awareness to topics such as grain bin, auger, and chemical safety.

October Nurse's Newsletter

Happy Homecoming! I am looking forward to seeing all the Maverick festivities. This is one of my favorite weeks of the entire school year. GO MAVS!



School Illness Reminders:

Now that we are gearing into October, we usually see an uptick in cases of Influenza, RSV, colds and pesky virus's (COVID). Please monitor your child's symptoms every morning.



Please keep your child home if:

- Fever > 100.4 Students must stay home if they have a fever. May return after 24 hours as long as fever is gone and *without* using fever reducing medication for 24 hours.
- Vomiting. Student must stay home 24 hours after last episode.
- COVID +. Students must stay home if they test positive for COVID. Students must stay home for 5 days of when symptoms first appeared or test date. Please see MDH guidelines [here](#).

Free Covid Testing Supplies

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



Important Dates:

Hearing and Vision Screening

Hearing and Vision screening is a free program in our schools formatted under the direction of the Minnesota Department of Health (MDH). Vision and Hearing Screening is available to District Schools provided by Health Services.

All students KG-6th grade; as well as all 8th and 10 graders get screened. If you would like your child screened that does not fit in the age/grade criteria please call Megan Morgan and we can screen your child (764-4661).

MCW JH/SH: Monday 10/10

MCW Sherburn Elem: Monday 10/10

MCW Trimont Elem: Tuesday 10/11

Rescreen date for all schools will be Monday 11/07

**If your child wears/has glasses be sure they bring them and wear them for screening.

KG Hand Hygiene Experiment

I have set up a Hand Hygiene Demonstration/Clinic for all KG students 10/26/2022, to help educate the importance of washing hands and the effectiveness of proper handwashing. To do this we will be using "Glitter Bug" product. Glitter bug is a clever invention designed to help us visualize where germs lurk. There will be more information coming home about this as the date approaches. Please lookout for the consent form.





Dear students and parents,

It's that exciting time of year again! Registration for Fairmont Area Community Theater's holiday show! We are so thankful for the participation from the previous year! We hope to see more smiling faces in workshops and on stage!

Why consider Youth Theater?

- ★ Increases creativity
- ★ Paves way for higher academic achievement
- ★ Builds self-esteem
- ★ Enhances collaborative skills
- ★ Improves time management skills
- ★ Teaches patience
- ★ Helps with mental well-being
- ★ Promotes empathy
- ★ More career opportunities

Youth Theater Holiday Show*:

This year FACT's youth theater will be putting on Christmas Shorts! This is a 60 minute one-act holiday delight made up of short scenes and monologues! This is going to be a super fun and energetic show! Christmas Shorts will be directed by Ellen Germain. She is a FACT veteran! You might have seen her recently as Fairy Godmother in Shrek the Musical!

Christmas Shorts registration is due **October 28th**. Registration fee is \$35 (scholarships available). Christmas Shorts registration is open K-9th grade! You can register online at fairmontoperahouse.org/registration or by emailing us at info@fairmontoperahouse.org.

Auditions (placements) will take place on **October 22nd** from 12pm to 4pm. Placements are taking place the weekend prior to registration closing due to overflow of cast members and late sign-ups. Please attend placements even if you have not yet registered. Actors will receive their script once they are registered or at placements (if registered prior). Rehearsal will start **November 28th from 4pm-6pm!** Rehearsal will take place Monday, Tuesdays, and Thursday with NO rehearsals on Wednesdays or holidays! Performances run **January 6th - 8th**.

Parent meeting will be held the first 30 minutes of the first rehearsal on November 28th.

** All shows and programs are subject to change due to the ongoing COVID-19 pandemic. Stay in the loop by liking and following Fairmont Opera House on Facebook.*

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal/Toast 3 Fruit Choice Juice Choice Milk	Biscuits/Gravy 4 Fruit Choice Juice Choice Milk	French Toast Sticks 5 Fruit Choice Juice Choice Milk	Breakfast Burrito 6 Fruit Choice Juice Choice Milk	Strawberry Cream Cheese Bagel 7 Fruit Choice Juice Choice Milk
Cereal/Toast 10 Fruit Choice Juice Choice Milk	Breakfast Sandwich 11 Fruit Choice Juice Choice Milk	Pancakes 12 Fruit Choice Juice Choice Milk	Banana Squares 13 Fruit Choice Juice Choice Milk	Cheese Omelet 14 Fruit Choice Juice Choice Milk
Cereal/Toast 17 Fruit Choice Juice Choice Milk	Breakfast Pizza 18 Fruit Choice Juice Choice Milk	Waffle Sticks 19 Fruit Choice Juice Choice Milk	No School 20	No School 21
Cereal/Toast 24 Fruit Choice Juice Choice Milk	Biscuits/Gravy 25 Fruit Choice Juice Choice Milk	Pancake Wraps 26 Fruit Choice Juice Choice Milk	Egg Taco 27 Fruit Choice Juice Choice Milk	Yogurt Parfait 28 Granola Fruit Choice Juice Choice Milk
Cereal/Toast 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
Meat Balls 3 Mashed Potatoes Green Beans Fruit Choice Dinner Roll	Hot Ham & Cheese 4 Cooked Carrots Pasta Salad Fruit Choice	Tachos 5 (Seasoned Beef Over Tots) Assorted Toppings Romaine Lettuce Corn Bread Fruit Choice	Hot Dog/Bun 6 Baked Beans Celery Sticks Fruit Choice	Hamburger/Bun 7 Onion, Tomato, Lettuce, Cheese Sun Chips Apple Slices Broccoli/Carrot Sticks Homecoming
Spaghetti 10 Meat Sauce Peas Fruit Choice Garlic Toast	Corn Dog 11 Steamed Broccoli Wedges Fruit Choice	Chicken Sandwich 12 California Blend Pasta Salad Fruit Choice	Walking Taco 13 Assorted Toppings Fiesta Beans Fruit Choice	Pizza 14 Green Beans Broccoli Salad Fruit Choice
Chicken Strips 17 Mashed Potatoes **Gravy Steamed Broccoli Fruit Choice Dinner Roll	Chicken Fajita 18 Tortilla Shell Corn Refried Beans **Rice Fruit Choice	Deli Sub Sandwich 19 Assorted Toppings Sun Chips Carrot/Broccoli Fruit Choice Early Out	MEA 20 No School	MEA 21 No School
Chicken Alfredo 24 Rotini Noodle Broccoli Garlic Toast Fruit Choice	Grilled Cheese 25 Tomato Soup Green Beans Fruit Choice	Orange Chicken 26 Fried Rice Stir Fry Veggies Mandarin Oranges	Tacos 27 Tortillas Shells Assorted Toppings California Blend Fruit Choice	Italian Dunkers 28 Dipping Sauce Peas Fruit Choice
Hot Dog/Bun 31 Baked Beans Wedges Fruit Choice				

*Elementary
 **High School

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>

October 2022

◀ September

November ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Trap Shoot Marshall High School Varsity VB @ Maple River 9:00a.m.
2	3 Homing Week Begins Jr.High VB @4:30 Jr.High FB @4:30 B Squad Fb @5:00	4 FFA Fruit Sales start	5 FFA Blue Jacket Bright Future applications due.	6 CC @ Fairmont 4:30 Jr.High FB @FHS High School VB @4:30	7 Home Coming Parade, Pep Fest & Corination @1:30 Senior Chili Supper 4:30-8:00 Varsity FB Game @7:00	8 C Squad VB @8:30 Jr.High VB 9:00 Home coming Dance @7:30
9	10 High School VB @JCC 4:30 B Squad FB @ Slayton 5:00	11 FFA Compition Jr.High FB Game @4:30 Jr.High VB @BEA 4:30	12	13 CC Meet @Madelia 4:00 Jr.High FB @Adrian HS High School VB @BEA 4:30 Varsity FB @Springfield HS 7:00	14	15 B Squad VB @ LCWM 8:30
16	17 High School VB @Sleepy Eye 4:30 B Squad FB @5:00	18 CC Meet @LCWM 4:00 Jr.High VB @ Truman 4:30	19 Early Out Teacher Inservice Varsity FB Game @ 7:00	20 MEA Break NO SCHOOL	21 MEA Break NO SCHOOL	22
23	24	25	26 National FFA Convention 26-29	27 CC Meet @ Baylor 4:00	28	29
30	31 Halloween					

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

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CHANGE SERVICE REQUESTED