Northside ELEMENTARY
Students That Achieve Rockin' Success

Coulee Montessori
A Charter School of the School District of La Crosse

1611 Kane Street, La Crosse, WI - (608) 789-7970

June Newsletter

School's Out for Summer!

HAVE A GREAT SUMMER!

IMPORTANT DATES

Graduation	June 3
Talent Show	June 4
Last Day of School	June 5
Summer Food Program	June 6 - July 12
CM Summer School	July 8 - Aug. 2
NSE Open House	July 16
NSE First Day of School	July 18
CM Open House	Aug. 27
NSE NO SCHOOL	Aug. 29 - Sept. 2
CM First Day of School	Sept. 3

STAY UP TO DATE

Watch your emails, check out our websites, and follow us on Facebook for the most up-to-date information!

like us on facebook

A Message From the Principal

Dear Families!

Summer is almost here! We are enjoying the last few days with your kids! I am guessing you are already thinking about how to have the best summer break ever! We know it is important for kids to have time to relax and enjoy their summer. We also know that including some reading/writing and math time throughout the summer will keep skills going and help the kids not get too rusty. Am I talking about a workbook from the store and sitting down every day to do a few pages? Well you could….(my kids may still resent me for the summer I tried this idea!) but I think you can keep academics going in ways that they won't even notice!

How about watching TV with the sound off and closed captioning on? Could you have the kids reading directions for how to play a new game? Or helping with meals by writing up a grocery list, finding things in the grocery store, and reading the recipe aloud for mom or dad during cooking time?

What are other ways you can think to slide a little reading/writing/'rithmetic into your summer? I have included a link below to a great article written for parents with some tips to keep reading going. I would encourage you to check out the La Crosse Public Library and enroll your children in their summer reading program and finally the BGC and the YMCA are always interested in keeping things going with your kids through active learning. Check them out also!

Thank you so much for sharing your children with us this school year! It's been a great year and enormously fun and rewarding to share their growth with you! You have some great kids and we are lucky to get to spend time with them!

<u>Northside Parents: We will see you at the Open House July 16th from 5:30-7:00 PM</u>

<u>Coulee Montessori: We will see you at the Open House August 27th from 5:30-7:00 PM</u>

Have a great summer!
Laura
lhuber@lacrossesd.org
608-789-7970

SUMMER READING TIPS FOR PARENTS

Launching young readers!
Reading Rockets

Message from Northside PTO

Hello Northside Families!

Your Northside Elementary PTO would like to say THANK YOU for all the support throughout the 2018-19 school year!

We cannot do what we do without you!

<u>Fundraising Update:</u>

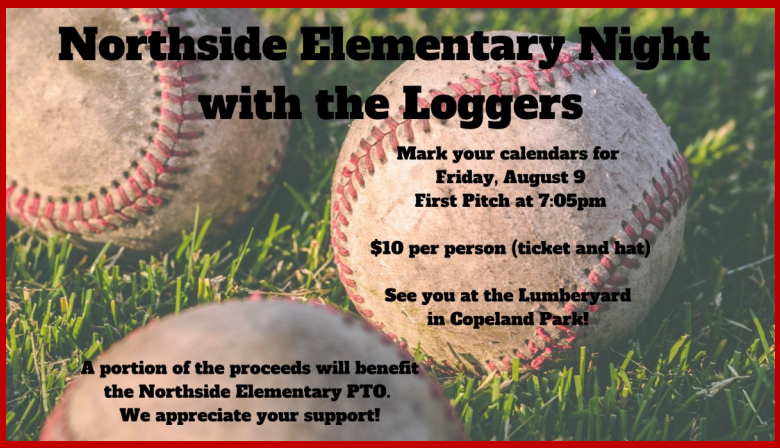
4th & 5th Grade "Pass the Hat Event" raised $132.46

Original Works Art raised $455.75

Planning for next year has already begun and the PTO's first fundraiser for 2091-2020 is:

NORTHSIDE NIGHT AT THE LOGGER'S—August 9, 2019

Check the PTO Facebook Page for more details!



Have a great summer and we'll see you back in school July 18th!

Click <u>Here</u> to Email the PTO

like us on facebook

Message from Coulee Montessori SET

Hello from the Coulee Montessori SET!

Our Fall Open House will be Tuesday, August 27th 5:30-7:00pm

Thank you to all our families for making the 2018-2019 school year a great one! We wish you all a wonderful summer break and we look forward to see you again at Open House!

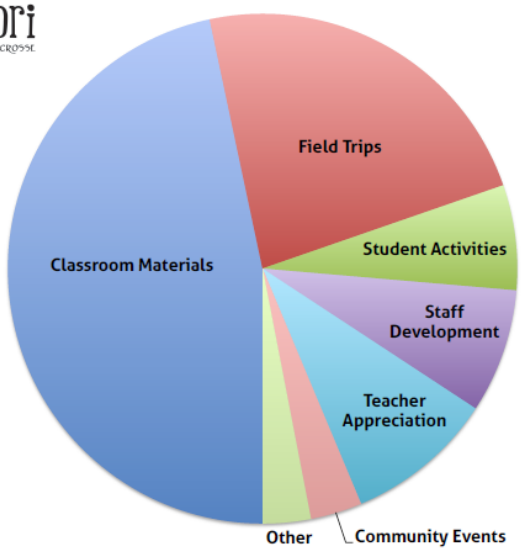
Coulee Montessori
A CHARTER SCHOOL OF THE SCHOOL DISTRICT OF LA CROSSE

Thank you for supporting our school!

Money raised throughout the year through events and other means are directly used to support the education of Coulee Montessori students.

The Coulee Montessori School Effectiveness Team (SET) votes on how best to use donations.

Roughly 2/3rds of funds are put towards classroom support and field trip experiences, with the remainder supporting student activities, our teachers, and our community.



Whenever you have questions, remember you can email SET at couleemontessoriset@gmail.com.

Have a great May!
SET

Click Here To Email SET

Northside ELEMENTARY
Students That Achieve Rockin' Success

Year-Round Schedule FAQs

Northside Elementary is moving to a year-round calendar starting next school year (2019-20)!

*Coulee Montessori is NOT moving to a year-round calendar.

Year-Round School Important Dates

Open House .....July 16, 2019

First Day of School .....July 18, 2019

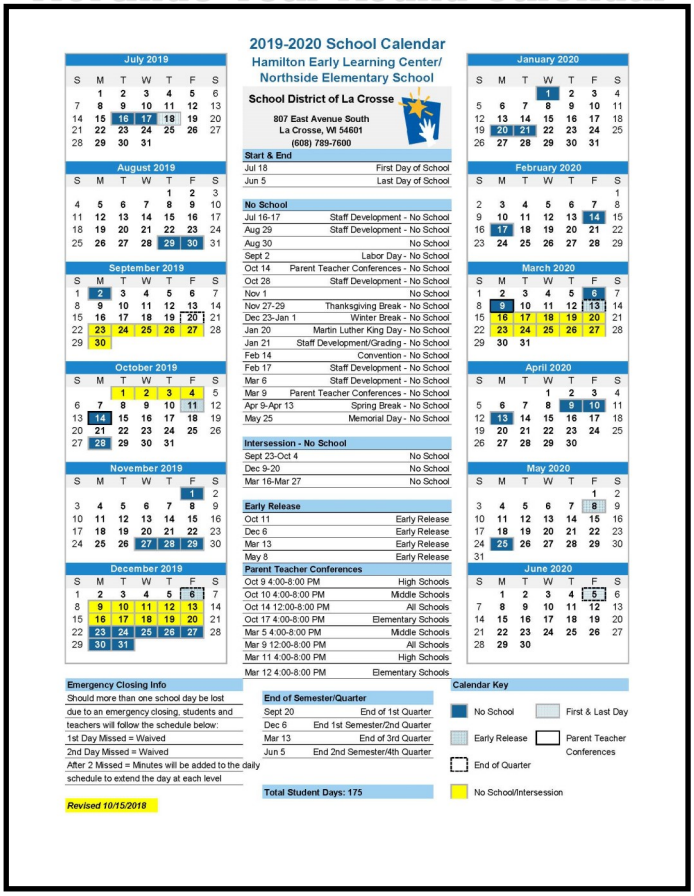
Intersession #1 .....September 23 to October 4

Intersession #2 .....December 9 to December 20

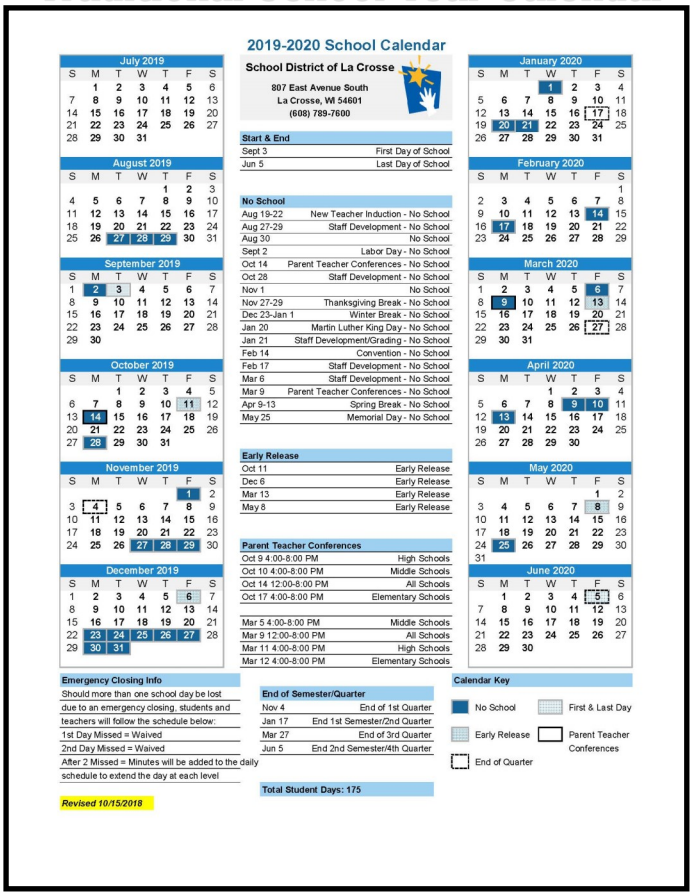
Intersession #3 ..... March 16 to March 27

Last Day of School .....June 5, 2020

Northide Year-Round Calendar



Traditional School Year Calendar



Health Room
News & Information

Ms. Cheryl Heath (608)789-6703

End-of-Year Medication Pickup

The end of the school year is fast approaching. If your child has any medications (prescription or over-the-counter) in the health office, they will need to be picked up by a parent or guardian by 3:00 pm on June 5th. Medications WILL NOT be sent home with students for safety reasons but inhalers will be sent home on the last day of school with your child.

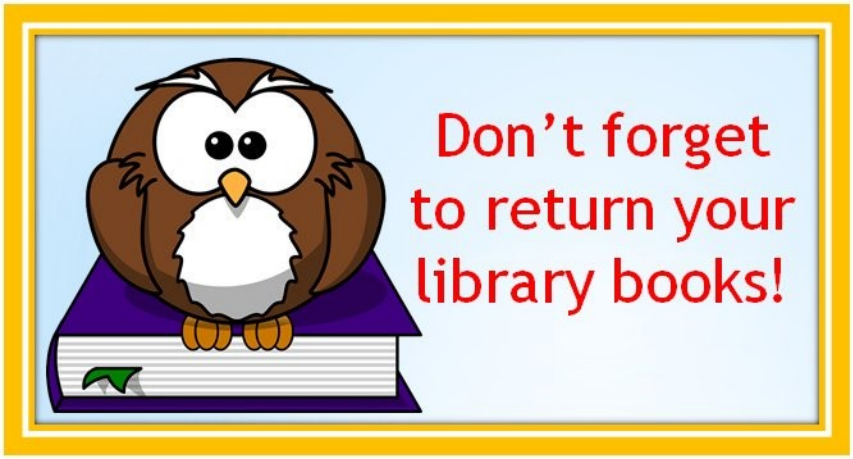
5th Grade Parents

New Immunization Requirement for 6th grade All incoming 6th graders are required to have a TdaP Immunization on file by the first day of school in the fall. Please contact your provider, the La Crosse County Health Department (785-9723), or Walgreens to obtain this immunization. Any questions, please call Cheryl Heath or Shelley Johnson at Northside/Coulee Montessori.

Have a Healthy Summer!

A big congratulations to Mrs. Vermillion, our beloved LMC TA, on her retirement! She will be so very missed!

The students who represented Northside and Coulee did a terrific job at the District Vocabulary Showdown Competition. Our 5th grade Northside team, Sister Squad, comprised of Alysha Hayes, Zakhia Mack, Calessa Adams, and Magnolia Engen took 3rd place! A big thanks to the classroom teachers who helped them study and support vocabulary in our schools!



End of the School Year Events!

Graduation
June 3rd

Northside
5th Graders
9:00am

Coulee Montessori
3rd & 5th Graders
1:30pm

Talent Show
June 4th

Northside
Talent Show
9:00am

Coulee Montessori
Talent Show
1:15pm

Last Day of School
June 5th

Success Assembly
9:00am

Kickball - 5th Grade vs Staff
10:00am

Early Dismissal
1:03pm

Logan High School graduates visited our school for a graduation march, ceremony and reading in classrooms! Congrats Logan Grads of 2019!

Thank you for a great Bike Night!

coulee region compassion alliance

COMPASSION & KINDNESS LIVE HERE!

Coulee Region Compassion Alliance is an area organization that strives to eliminate bullying and cultivate compassion, kindness, and empathy. It is a collaboration between area school districts, medical facilities, non-profits, media outlets, and other community individuals. Their most recent endeavor has been to create a social media presence to provide uplifting thoughts and to highlight acts of compassion and kindness within the schools and throughout the Coulee Region. Follow them on Facebook and Instagram @crcompassionalliance. If you have an act of kindness that you think should be highlighted, email a brief summary to crcompassionalliance@gmail.com. Compassion and Kindness Lives Here!

Mobile Food Pantry

You can visit the mobile food pantry on the Northside once a month!

WAFER Food for people in need

Sauber Manor (1025 Liberty Street)
3rd Tuesday of the Month – 10am-12pm

Heritage Haven (800 St. James Street)
3rd Tuesday of the Month – 12:15pm-1pm

Schuh-Mullen Homes (Wall Street)
4th Thursday of the Month – 9am-11am

Student Leadership Team raised $187 for the La Crosse SOUP Organization with their self-run Bake Sale! Nice job!

interact ICAC

CYBER SAFETY FOR PARENTS / GUARDIANS AND CHILDREN
A basic cyber safety course.

NEW Interactive Safety Resources

The Wisconsin Department of Justice's Internet Crimes Against Children Task Force and the Department of Public Instruction is teaming up to keep families safe online. The departments have launched a program called "Interact!" that will give parents resources to have conversations with their children about internet safety. Interact! is an online, interactive e-course created for parents and guardians to complete with their children with the goal of sparking basic online safety discussions in the home.
https://dpi.wi.gov/internet-safety/new-interactive-safety-resource-available

School + Families + Community = Thriving Students

Hello! I'm Beth and I think I have the best job ever! I have been in my role now as community school coordinator for two months and I am thrilled to be here. So far, I have been focusing on getting to know our students, staff, and school. I have also been doing a lot of reading on what it means to be a community school. One article described community schools as "communities, families and schools wrapping their arms around each other." This feeling of "we are here for each other" is definitely already felt by many within our school family. Our goal is to grow and expand this feeling to all.

We believe **School + Families + Community = Thriving Students**. We have some ideas for how to do better, but we also recognize that we need to hear and learn from you. As families, imagine our school as the hub of the Northside. If we are to become this full-service community school, what types of support would be helpful to you and your family? What types of support would be helpful to our community in general? What can we do better to ensure that all of our families and students feel welcomed and safe when they visit our campus? How can this building and space be better utilized to serve the Northside?

SCHOOL DISTRICT OF LA CROSSE
Dream • Believe • Achieve

Choice and Charter Opportunities

In addition to our outstanding neighborhood schools, the School District of La Crosse offers a variety of unique choice and charter schools. Parents/guardians have the opportunity to submit an application for their student to attend one of our choice and charter schools during the priority placement window. For the upcoming (2019-2020) school year, applications for our choice and charter schools are being accepted through from November 19, 2018 through December 21, 2018. After December 21, 2018, you can still apply to attend one of the district's choice and charter schools; however, your application will be considered with the general pool of applicants during the February through April open enrollment period (space permitting). To apply, a parent/guardian must complete the district's choice and charter application located online by clicking HERE.

If your student is currently enrolled in one of our choice and charter schools, or you simply wish to continue at your current school, you do not need to complete the choice and charter application. However, if your child is going from Preschool to elementary school, elementary school to middle school, or a middle school to high school, you will need to complete an application to continue your child's education in a choice or charter school. Otherwise, your child's secondary school will be based on your physical address/boundary.

Visit the School District of La Crosse Choice and Charter website by clicking HERE.

Want to Make Money Reading to Kids in School?

Northside Elementary is paying parents and adults in the neighborhood to read to students!

- 5-20 Hours Per Week
- Times and Days are Flexible

Help children improve reading skills!

You'll spend 15 minutes with one child at a time, reading to 2-4 children each day. Teachers will have books picked out ahead of time. This is a great way to spend time with your student, or to connect with kids in your neighborhood.

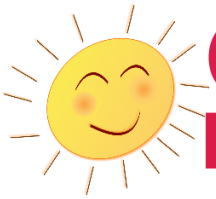
For more information, contact:

Beth Hartung

Community School Coordinator

Northside Elementary

(608)789-6780



SUMMER BUCKET LIST.

100 fun things to do before summer kicks the bucket!

Meet a new person
Overcome a fear
Read at least 10 books
Have a water balloon fight
Go to the beach
Go to the park
Ride on a carousel
Fly a kite
Collect seashells
Watch fireworks
Make S'mores
Roast marshmallows
Stay up super late
Go to a fair
Have a pillow fight
Play mini golf
Make homemade pizza
Make an outdoor fort
Catch a lightening bug
Go swimming
Slide down a water slide
Go to a BBQ
Go to the movies
Eat a snow cone
Play flashlight tag
Take a mini road trip
Blow bubbles
Make lemonade
Pick wildflowers
Play in the rain
Camp indoors
Play with sidewalk chalk
Potato sack race
Donate food to animal shelter
Get ice cream from ice cream man

Run through a sprinkle
Play frisbee
Have a water gun fight
Drink a slurpee
See a magic show
Watch a sunrise
Watch a sunset
Plant flowers
Bake cupcakes
Feed ducks
Paint rocks
Scavenger Hunt
Climb a tree
Go to a farmers market
Go on a hike
Visit a toy store
Have family game night
Visit a relative
Help cook dinner
Picnic in a park
Visit mom or dad at work
Make homemade jam
Go to the zoo
Family bike ride
Play catch
Make root beer floats
Make a journal
Go bowling
Watch a movie outdoors
Have a cousin sleepover
Play on monkey bars
Build a sandcastle
Eat watermelon

Go to Library
Go on date with mom or dad
Wash a car
Bake cupcakes
Play in a puddle
Ice cream for dinner
Movie night with snacks
Take a picture of a butterfly
Pajama Day
Make lemonade
Breakfast in bed
Skip rocks
Hula Hoop
Make handprint art
Go on a nature walk
Make popsicles
Have a relay race
Have breakfast for dinner
Treasure Hunt
Play hide and seek
Visit a local farm or petting zoo
Star Gaze
Jump on a trampoline
Make a fruit salad
Dinner at the beach or lake
Play in kiddie pool
Play jump rope or hopscotch
Watch a thunderstorm
Go to a new park
Go to Amusement or water park
Do a fun summer craft
Unplug for one full day (no TV, computer, tablet, or cell phone).

From the Kitchen

Lunch Times

CM - 12:00pm
KG - 11:15am
1st - 12:15pm
2nd - 11:30pm
3rd - 11:00am
4th - 11:45am
5th - 12:30pm

School Meal Prices

Student Lunch
Full Price: $2.80
Reduced Price: $0.40
Milk: $0.50

Student Breakfast
Full Price: $1.60
Reduced Price: $0.30

Adult Pricing
Breakfast: $2.50
Lunch: $3.85
Milk: $0.50

JUNE LUNCH MENU

Have you ever considered Hosting an Exchange Student?

No time like the present!

ISO: Families to host a foreign exchange student during the 2019-2020 school year!
We have students available from all over the world. Open your heart and your home to a very deserving student.

For more information, please contact:
heather.townsend@cetusa.org or www.cetusa.org

The School District of La Crosse does not discriminate against students on the basis of sex, race, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, emotional, learning disability or handicap in its education program or activities.

Small changes,
big differences.

Triple P
Positive Parenting Program
for every parent

The Triple P - Postive Parenting Program

Individual Triple P is a free service at The Parenting Place. Triple P helps answer common parenting questions, helps parents make fast progress on behavior problems, and provides parenting tips and skills. Parents get quick results from Triple P and are then free to focus on other things related to family wellness. Triple P is beneficial for parents of children ages 0-12. Parents may access this support through our school counselors as well. The Parenting Place staff can meet parents in any location for up to 4 sessions, for free.

WHAT IS TRIPLE P?

Triple P provides practical strategies for managing life skills. This free program meets one on one with the parents and is tailored to meet the needs of each individual family developing a personal plan. It's an approach that helps families build safe, stable and nurturing relationships. It's not about rules. It's about gaining the skills and confidence to handle all the ups and downs together.

Parents Place Triple P providers can help your family develop the positive parenting skills to manage stress and encourage healthy habits.

TRIPLE P IS NOT ONE SIZE FITS ALL

Grounded in science and practical advice, Triple P doesn't "control" how you parent. Instead, we provide hands-on advice and the success seen by many families. it's about gaining the skills and confidence to handle all the ups and downs together.

- Find the right level of support
- Set your own priorities and goals
- Decide what works for your family
- Tailor strategies to your unique needs

ATTEND ONE-ON-ONE

All parents experience parenting demands that outshine "expectations", regardless of their education and income. Register today to meet with a trained Triple P provider for thoughtful advice on various mild to moderate parenting stressors that arise.

- Focus on your family's specific needs
- Get suggestions for your situation
- Create a practical action plan

To schedule an appointment please contact
Heather
Triple P Parent Educator
(608) 785-8125 ext. 215

the parenting PLACE

www.triplep.net

Highly Qualified Teachers

The School district of La Crosse takes pride in hiring only highly qualified teachers. This means they all are fully trained, certified and often experienced in the position they teach. Our faculty consistently has a high percentage of advanced degrees, and we do a good job of retaining some of the top staff in the state and the nation. Life events, such as retirement, childbirth or illness sometimes cause a need for a long-term substitute teacher. When this happens we always make every effort to hire a highly qualified substitute. All are certified teachers and most are licensed in the area in which they are substituting. In rare cases it may be impossible to find a teacher with a particular certification, such as special education. This may result in the district asking the Wisconsin Department of Public Instruction for an emergency license for such a teacher. If you ever have any questions about the certification of any of our staff, please call me, (Laura Huber), principal of (Northside Elementary/Coulee Montessori).

Links for District Pages

- District Website
- Skyward Family Access
- District Enrollment Page
- 4-Year-Old Preschool
- Choice & Charter Opportunities
- After School Programs
- District Special Education
- School Breakfast/Lunch Menu
- Volunteer Application
- District Facebook Page
- Cultural & Family Connections
- Community Services
- Homeless Services
- Other District Parent Resources

Click Here to View Our Family Handbook

Click Here for Important School Documents

like us on facebook

Logan High School Swimming Pool
Summer 2019 Swim Lessons

Dates: Session I – June 10th – June 25th

Session II July 8th – 23rd

Sessions are Mon – Thurs, with last day on Tuesday (10 sessions)

Registration: Wednesday, May 29th, 5 – 9 p.m. – Logan High School - after the registration on May 29th, you can register by calling 789-3217 during recreational swim time or mail in the form below. Callbacks are typically during Rec. swim times. Registration is first come; first serve and classes are cut at 10 per level.

Free recreational swim for students between lesson dates!

Cost: Residents of the La Crosse School District ---$45.00 Non-Residents----$50.00

$5.00 off for each additional kid per family

All Classes are offered during each time slot except for *level 6.*

8:15, 9:00, 9:45, 10:30, 11:15

Explanation of Level

Level 1: Intro to Water Skills: Ages 3 – 6, Beginning skills, initial readiness

Level 2: Fundamental Aquatic Skills: Ages 4 – 8, Floats, pre-stroke readiness

Level 3: Stroke Development: Ages 5 – 10, Beginning stroke fundamentals

Level 4: Stroke Improvement: Ages 5 – 12, Practice of fundamentals

Level 5: Stroke Refinement: Ages 6 – 14, Finer points of fundamentals

Level 6: Advanced Skills: Ages 7 – 16, Proficiency and endurance development

Summer Hours - (Adults $1.50, Children, Seniors, and District Employees $1.00)

Mon – Thurs - 12:00 – 4:00 p.m. Open Swim

Sunday - 1:30 – 2:30 Adult Swim 2:30 – 5:30 Open Swim

Monday - 7:30 – 9:00 p.m. Open Swim

Wednesday - 7 – 9 p.m. Open Swim

Parent/Guardian Name_____phone #_____

Address_____

Child's Name	Age	Level	Time Preference
1. _____			1st_____
2. _____			2nd_____
3. _____			Session 1 – Session 2
			Both 1 & 2

Make checks payable to… Logan High School Pool (circle one)

Mail to: Logan High School - Att: Casey Knoble 1500 Ranger Dr. La Crosse, WI 54603

Questions? – Phone: 789 – 3217 or e-mail shiry12345@gmail.com **or** cknoble@lacrossesd.org

LOGAN DANCE FALL DANCE CLINIC 2019

Interested in dancing with the Logan Rangers Dance Team? Join us for our Fall Dance Kids Clinic!

WHO: DANCERS GRADES K-5

COST: $30.00 (INCLUDES CLINIC, PIZZA DINNER, PERFORMANCE & T-SHIRT)

**SIBLINGS REGISTERED (2 DANCERS) DISCOUNTED RATE OF $40

CLINIC DATE (LOGAN MPR): SEPT 5TH (4:30-6PM)

GAME DAY! SEPTEMBER 6TH, 2019

REVIEW & T-SHIRT PICK UP: 5:00-6:00

PIZZA DINNER: 6:00PM

GAME : 7:00PM!! @ HALFTIME

REGISTER BY AUGUST 19TH

ONLINE: HTTPS://FORMS.GLE/LE3I87E8M2KGE1WN9

(LINK MUST BE TYPED INTO THE SEARCH BAR)

OR RETURN FLYER TO LOGAN HIGH SCHOOL AUGUST 18TH

REGISTRATION IS NOT COMPLETE UNTIL PAYMENT IS RECEIVED

QUESTIONS? COACH KELSIE AT KBOLSTAD@LACROSSESD.ORG

LOGAN KIDS CLINIC REGISTRATION FORM

Perform with Logan High School Dance team on Friday, September 6th! at the Varsity Football game!

Clinic Information:

Thursday, September 5th from 4:30pm-6:00pm

** PLEASE wear comfortable clothing & Bring a water bottle as well as tennis shoes **

Friday Sept 6th: Review the dance with the full group from 5:00-6:00 PM, pizza dinner. Perform at Half time! dancers must be picked up from the dance team coaches, they will not be dismissed from the track!

Cost: $30.00 per child (or $40 for siblings/$010 Each Additional child). This fee includes a T-shirt for the performance, pizza dinner, pom poms, as well as the opportunity to dance at the Logan football game!

Registration is not complete until payment is received! registration is due by August 19th. Cash or check accepted, checks made payable to Logan Dance Team

Any questions, please email Coach Kelsie Bolstad at kbolstad@lacrossesd.org

Registration + Payment due to Logan HS by August 19th

Child's Name (First & Last): _____Grade: ____Gender: M // F

Parent Name: _____Parent Phone (emergency contact): _____

Email: _____ Food Allergies (pizza): _NO // YES: _____

T-shirt Size (Please Circle): YS // YM // YL // YXL // AS // AM // AL (Y: youth A: adult)

I give my child permission to be photographed during the clinic and performance. These photos/videos will be posted to our Facebook page and posted on the Logan Dance La Crosse Schools website. (Please Circle) Yes // NO

I understand that the participation in the above event could include actions or tasks which might be hazardous to the participant named above. By signing below, I assume any risk of harm or injury which might occur to the participant due to their participation in the event. I release Logan High School from all liability, costs, and damages which might arise from participation in the above named event. I agree that the minor has my consent to participate in the event. I further provide my consent for Logan High School or any of the employees to seek emergency treatment for the minor if necessary. I agree to accept financial responsibility for the costs related to this emergency treatment.

Parent Signature: _____

HoME alone SAFETY for Kids!

There are few states that have a minimum age requirement for a child to stay home alone.
Some believe a child of 10 is capable of being home alone for a short period of time.
Check local hospitals for Babysitting/Home alone safety classes.

Questions adults should ask themselves about their kids.

1. How responsible are my children? Can/will they follow rules without reminders?
2. Will they be able to stay calm and think clearly to handle unexpected situations?
3. Would they know what to do in an emergency? Have they had any training in safety?
4. Do they have any fears or anxiety about staying home alone?

First Aid

All kids should know how and when to call 911. They need to know what an emergency is and what other options they have besides calling 911. Teach children basic first aid.

Who to Call

Not all emergencies require 911. Please have a list of relatives and neighbors phone numbers available if you cannot be reached.

Fire Safety

Check smoke detectors and carbon monoxide monitors regularly, make sure everyone knows what to do when they hear their alarm. Arrange for a meeting spot outside your home and then call 911. Practice escape routes and "stop, drop and roll". Discuss what to do in event of a tornado or stormy weather.

Phones and Doors

Easiest choice is to let phone calls go to message or answering machine. Kids should never tell anyone they are home alone or say who they are. Children left home alone should not open the door to anyone unless they have specific instructions from parents. Reassure kids that a trusted relative or friend would come and get them if something were wrong-parents would never send a stranger to help their child.

Utilities and Power Outage

Everyone in the home should know how shut off water flow and natural gas, in case of an emergency.
All family members should know where flashlights and batteries are kept.

Friends and Going Outside

Set a policy if anyone can come over, who, how long and what kids can do together while you are gone. Most families discourage children from leaving their property while parents are gone.

Appliances and Food

Make sure children know what appliances they can use and how to use them safely. They need to know how to put out a stove fire and what items can and cannot go into a microwave or toaster. Be clear about what foods can be eaten, where and when.

Technology

Be very clear about what can be watched or played, when and how long.

Emergency Contact Sheet

IN CASE OF AN EMERGENCY: DIAL 911

The best time to prepare for an emergency is before it happens. Fill out this sheet and keep it near each phone. Update the sheet when necessary, and be sure to let family members, babysitters, and others know that it is available.

Emergency Numbers

Poison Control Center:	1-800-222-1222	
Hospital Name:		Phone:
Doctor's Name:		Phone:
Dentist's Name:		Phone:
Pharmacy Name:		Phone:
Health Insurance Plan:		
Policy #:		Phone:

Family Contact Numbers

Parents' Names:		
Kids' Names:		
Address:		
City:	State:	Zip:
Home Phone:		
Mom's Cell #:		Mom's Work #:
Dad's Cell #:		Dad's Cell#:

Emergency Contacts

Emergency Contact #1:		Emergency Contact #2:	
Name:	Phone:	Name:	Phone:
Relationship:		Relationship:	
Emergency Contact #3:		Emergency Contact #4:	
Name:	Phone:	Name:	Phone:
Relationship:		Relationship:	

Summer Meal Program 2019

School District of La Crosse

NO MEALS JULY 1-5

Sites:	Dates:	Times:	Days:
*Emerson	6/6-8/16	Breakfast: 7:30-8:30	M-F
		Lunch: 11:30-12:30	M-F
Lincoln	7/8-8/2	Breakfast: 7:30-8:30	M-F
	6/6-8/16	Lunch: 11:30-12:30	M-F
Logan High	6/6-8/16	Breakfast: 7:30-8:30	M-F
		Lunch: 11:30-12:30	M-F
Central High	6/6-6/28	Breakfast: 7:30-8:30	M-F
	6/6-8/16	Lunch: 11:30-12:30	M-F
*Longfellow	6/6-8/16	Breakfast: 7:30-8:30	M-F
		Lunch: 11:30-12:30	M-F
*Logan Middle	6/6-8/16	Breakfast: 7:30-8:30	M-F
		Lunch: 11:30-12:30	M-F
*Spence	6/6-8/16	Breakfast: 7:30-8:30	M-F
		Lunch: 11:15-12:30	M-F
Hintgen	7/8-8/2	Breakfast: 7:30-8:30	M-F
	6/6-8/16	Lunch: 11:30-12:30	M-F
North Woods	7/8-8/2	Breakfast: 7:30-8:30	M-F
		Lunch 11:15-12:15	M-F
Summit	7/8-8/2	Breakfast: 7:30-8:30	M-F
		Lunch: 11:15-12:15	M-F
Hamilton	7/18-8/28	Breakfast 8:00-8:30	M-F
	6/6-8/28	Lunch: 11:45-12:30	M-F
Northside	6/6-7/12	Lunch 11:30-12:30	M-F

*Surround Care Sites

***** Times, dates and locations are subject to change *****

Harvest of the Month

June Asparagus

Pick:

• Select asparagus spears that are firm and bright green in color, with tightly closed tips and moist ends.

•Asparagus stalks that are thin in diameter will be more tender.

Store:

• If not using immediately, wrap the cut ends in a damp paper towel or stand the asparagus up in a glass with about an inch of water & cover with a plastic bag and store in the refrigerator.

Prepare:

•Cook asparagus as quickly as possible after purchasing!

•Wash asparagus just before preparation in cool running water.

•Snap or cut off tough, dry ends.

Nutrition Info

One cup of cooked asparagus has 40 calories.

Asparagus provides folic acid and vitamins A, C, & K.

Fun Facts

Under ideal conditions a spear of asparagus can grow up to 10 inches in a day!

Asparagus can be green, white or purple.

Asparagus plants are perennial, meaning that they grow back each year without being replanted.

Uses

Fresh asparagus can be lightly steamed and then served warm or cold.

Try grilled or roasted asparagus! Place asparagus spears on a medium-high heat grill and cook for 5-8 minutes or until tender.

Fresh asparagus is a great addition to omelets, soups, casseroles and stir fries.

Farm2School

Did you know your school is a part of the Coulee Region Farm2School program? This program helps connect local farmers with area schools so that fresh, locally grown foods can be served at school meals. Farm2School encourages children to try new foods & provides opportunities for hands-on nutrition education. The Harvest of the Month is sampled in taste tests, featured at cooking classes with area chefs and of course, served at mealtime!

Remind your child to look for asparagus on this month's lunch menu!

Coulee Region farm2school
Get Active. Cause. Community. Change.

Coulee Region Farm2School is a partnership between La Crosse County Health Department, Mayo Clinic Health System – Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, Holmen, La Crescent-Hokah, La Crosse, Onalaska, and West Salem.

Harvest of the Month

Barley Risotto with Asparagus

Serves 6

Ingredients:

1 tsp. olive oil
1 cup finely diced onion
3 cups cooked barley
1 Tbsp. minced garlic
3 cups low-sodium chicken stock
3 cups sliced mushrooms
3 cups chopped asparagus
1 tsp. dried parsley
½ tsp. dried thyme
½ cup finely grated Parmesan cheese
½ cup 2% milk
¼ tsp. kosher salt
¼ tsp. ground black pepper

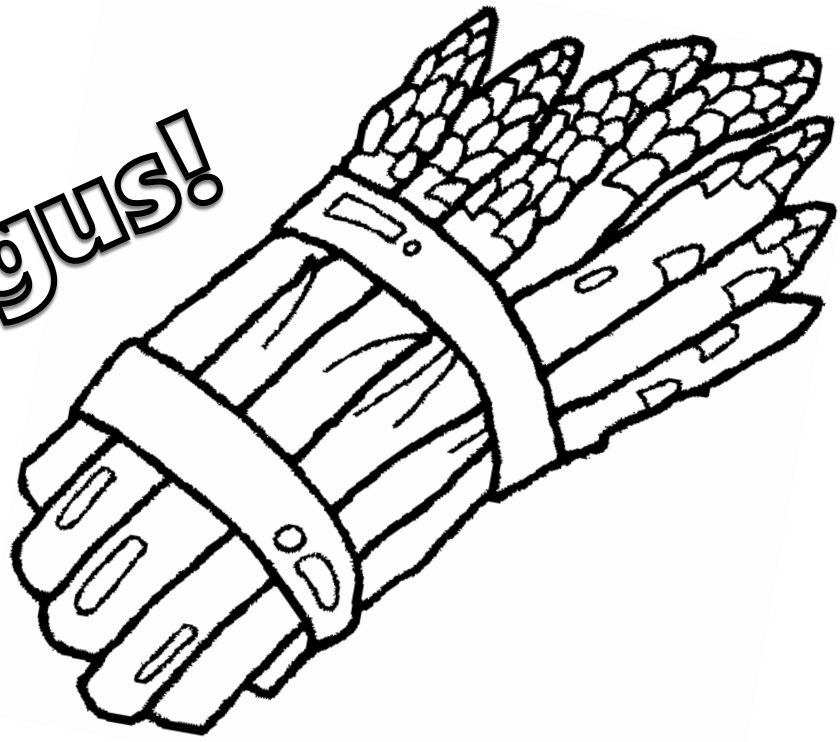
Directions:

Heat a medium pan over medium-high heat. Spread oil around the pan. Add the onion and sauté until soft. Add the cooked barley and garlic to the pan. Pour in ½ cup of the chicken stock, stirring continuously. Once all the liquid is absorbed add in an additional ½ cup of chicken stock, stirring continuously until all the liquid is absorbed. Continue the same process, adding ½ cup of chicken stock until only ½ cup of chicken stock remains. Add the mushrooms, asparagus and herbs. Cook until the vegetables have softened, then add the last ½ cup of chicken stock. Once all the liquid is absorbed, add the Parmesan cheese, 2% milk, salt and pepper. Reduce heat to low and stir to combine.

***Nutrition Facts**: Per serving (1 cup): Calories 185, Fat 4 g, Saturated fat 2 g, Cholesterol 8 mg, Sodium 247 mg, Carbohydrate 32 g, Fiber 5g, Protein 8 g*

For more information on Farm2School visit: www.laxf2s.org

Color Asparagus!



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