



DECEMBER 2017 NEWSLETTER



Dear Parents,

It is my sincere hope that all of you had a wonderful and restful Thanksgiving holiday with family and friends; I am incredibly thankful for your partnership and support.

As we turn the calendar to December, we turn our thoughts to giving; holiday giving, our annual Gift of Giving celebration, and ways we can give of ourselves to others. In that spirit, I would like to take this opportunity to thank our TEAM Parent Association for their tradition of giving to North Woods International. Throughout my 8 1/2 years of service as principal, and prior to my arrival at North Woods International, students and staff have been incredibly fortunate to have the backing of our fabulous TEAM parent organization! TEAM has faithfully raised enough money to support students and teachers at North Woods International in numerous ways! Each year, they have raised more than \$10,000 in order to generously support students and staff. Some of the things they have made possible include: numerous field trips, school picnics, flexible seating for students, culture kits, literacy centers, science materials, pet supplies, technology resources, musical instruments, motivational speakers, and even international guests, such as our bilingual Amity interns. In order to raise money to sponsor these many things, they have held innumerable fundraising events, such as our annual Family Fun Fest, coupon books, 'North Woods Nights' at local restaurants, and many others! Special thanks to our current executive TEAM board: Heather Pintz, president, Tim Trueblood, vice-president, Ann Thurman, treasurer, Jennifer Devine, secretary, and marketing coordinator, Jennifer Schmitz, and to ALL of you who have dedicated your time and talents to assisting our TEAM organization over the years. We appreciate you!

Hope to see you at our upcoming events this month:

December 11th 6:30 December TEAM meeting, (Buzz Session with Mrs. Brauer at 6 PM prior to the meeting)

December 20th Gift of Giving (See details inside)

December 22nd 2:15 PM Holiday Music Celebration

Next month, please watch for details about the next steps in our journey to becoming an International Baccalaureate, Primary Year Program School!

Have a wonderful and fun-filled December and holiday season!

In Partnership,

A handwritten signature in cursive script that reads "Sandra Brauer".

Sandra Brauer

North Woods International Principal

MARK IT DOWN! UPCOMING EVENTS!

Fri. December 8th: Early Release (1:15 PM dismissal)

Mon. Dec 11th: TEAM meeting in the LMC 6:30 (Buzz Meeting 6-6:30 PM)

Wed. Dec 20th: Gift of Giving

Fri. Dec 22nd: Holiday Music Celebration (2:15 PM)

December 25-Jan. 1, 2018:

No School Winter Break

Mon. Jan 15: No school

Mon. Jan 22: No School

Fri. February 9: No School

Mon. March 12: Parent Teacher

Conferences NO SCHOOL

Thurs. March 15: 4pm-8pm Parent Teacher Conferences

Fri. March 20th: Family Fun Fest!

March 29th-April 3rd: No School Spring Break. Return April 4th

WINTER WEATHER!

Winter weather is upon us! Please make sure to send your child to school with warm coats, mittens, hats, scarves and boots! Students without boots and snow pants will have to play on the black top! The lost and found also overflows during this time of the year! To avoid lost items, please mark your child's initials in their winter weather wear.

We go outside to play at recess as long as the temperature is above 0 degrees Fahrenheit and when the wind-chill is above -5 degrees.

We do not go outside if it is below 0 and the wind chill is -5 or below!



Please check out our PRINCIPAL 200 CLUB chart on the wall in the entry way, as it is NEARLY FULL! It is filled with students who have already received a PRINCIPAL 200 CLUB award for exemplary behavior, and/or going above and beyond! When a student receives a Principal 200 Club award from a staff member, they come to the office to select a token with a number on it from Miss Kelsie. Students then write their name on that number on the Principal 200 Club board. Each day 5 Principal 200 Club awards are handed out and Mrs. Brauer calls each of their parents to let them know their child was a recipient. When a row fills up with names, students whose names are listed in that row are called to the office, and they select a 'surprise award' from and/or with the principal. Some of these prizes include: extra recess, movie party, iPad game party, lunch or hike with Mrs. Brauer, pass to chew gum in class, McDonald's gift certificates, etc.

If you would like to donate gift cards, or know someone who would be willing to make a donation to our Principal 200 Club award, please contact our PBIS Tier I Coach, Heather Stern at [608-789-7000](tel:608-789-7000).

SNACKS! SNACKS! SNACKS!

Each day our students need snacks to keep their minds learning and energy going! We currently keep snacks available in the office for classrooms in need of additional snacks, but we are running low! If you are able to donate snacks to classrooms in need, North Woods would greatly appreciate it! Snacks can be dropped off in the main office. Please state that it is for extra snacks to be distributed!



Here are some ideas for snacks our students like!

- Gold Fish/Cheez-its
- Fruit Snacks
- Applesauce- GoGo squeeze!
- Pretzels
- Animal crackers
- Crackers

And plenty more!

BUZZ SESSION WITH MRS. BRAUER

The next Buzz Session with Mrs. Brauer is on Monday December 11th at 6:30 in the LMC! Come with your questions and share your ideas!



GIFT OF GIVING!

This year the Gift of Giving will be held on Wednesday, December 20th. Students will have the opportunity to purchase gifts for family members for the holiday season. All items will be sold for \$0.25, students will wrap the gifts and bring them home with them. Do not send more than \$1.00 with your child. We allow students to purchase 2 items to wrap. Additional items can be purchased (up to 4) if enough donations are available.

Donations of new or gently used items such as books, jewelry, games, household items, toys, holiday decorations, or other useful items may be sent to school starting Friday, December 1st through Tuesday, December 19th

Interested in being Santa's Helpers (Volunteers)? We are in need of helpers to assist students with shopping, wrapping & restocking tables. We may need extra hands! If you are interested in set up and/or the event, please sign up here!

Gift of Giving set up: Tuesday, December 19th Sign up link: www.volunteersignup.org/WJY93

Gift of Giving: Wednesday, December 20th Sign up link: www.volunteersignup.org/WJY93

PRESCHOOL REGISTRATION

School District of La Crosse 2018 PRESCHOOL PROGRAM

The School District of La Crosse will begin accepting registrations for the 2018-2019 Four-Year-Old Preschool Program beginning **February 7-9, 2018, from 6:30 A.M. – 5:00 P.M.** Any child, who is 4 years old on or before September 1, 2018, and lives in the La Crosse School District attendance area, is eligible for preschool. The preschool program is a 2.5-hour program housed at a number of centers and schools throughout the district. The preschool program is free for any eligible child.

Those interested in registering for the Four-Year-Old Preschool Program may register by:

1. Registering in person at: **Hogan Administrative Building, 807 East Ave. S., in the Welcome Center.** (Please bring address verification & child's birth certificate)

OR

2. Beginning December 1, you may fill out the paperwork online at www.lacrosseschools.org. You must have a valid email address or phone number in order to use the New Student Online Enrollment option. If you are filling out the paperwork online, this process is not registering or guaranteeing placement for any preschool site. You are simply filling out the enrollment paperwork in advance to expedite the enrollment process. Print the online paperwork and bring it to the Hogan Administrative Center beginning February 7, 2018, at 6:30 A.M. You will need to bring in address verification & the child's birth certificate to complete enrollment and secure site placement.

On February 12, 2018, we will be back to regular office hours of 7:00 a.m. – 4:30 p.m. If any registrations are done online, you will still need to bring in the address verification & child's birth certificate to Hogan Administrative Building to secure placement at the requested preschool site. There is no deadline for registering, but ****space is limited, so early registration is recommended. ****

The sites that are tentatively established for the 2018-2019 school year thus far are:

Congregational Preschool	2503 Main St.
Coulee Children's Center	2935 East Ave. South
Coulee Montessori (Northside Elementary)	1611 Kane St.
Emerson Elementary	2101 Campbell Road
Gundersen Health System Child Care	700 Bennora Lee Court
Hamilton Family Learning Center	1111 South 7 th St.
Hintgen Elementary	3505 S. 28 th St.
La Crosse Montessori Preschool	1818 Redfield St.
North Woods International	N2541 Sablewood Rd.
Northside Elementary	1611 Kane St.
Southern Bluff's Elementary	4010 Sunnyside Dr.
Spence Elementary	2150 Bennett St.
State Road Elementary	3900 Pammel Creek Rd.
Summit Environmental	1800 Lakeshore Dr.
Toddle Inn Day Care	W2637 Hwy 33
YWCA Child Center (WTC Campus)	419 N. 9 th St.

If you have further questions, please call the Preschool Office at **608-789-7006**.

REASONS TODAY'S KIDS ARE BORED AT SCHOOL, FEEL ENTITLED, HAVE LITTLE PATIENCE & FEW REAL FRIENDS

Author: Melani Fay, Northside School Counselor (School District of La Crosse)

1. TECHNOLOGY

Using technology as a "Free babysitting service" is, in fact, not free at all. The payment is waiting for you just around the corner. We pay with our kids' nervous systems, with their attention, and with their ability for delayed gratification. Compared to virtual reality, everyday life is boring. When kids come to the classroom, they are exposed to human voices and adequate visual stimulation as opposed to being bombarded with the graphic explosions and special effects that they are used to seeing on the screens. After hours of virtual reality, processing information in a classroom becomes increasingly challenging for our kids because their brains are getting used to the high levels of stimulation that video games provide. The inability to process lower levels of stimulation leaves kids vulnerable to academic challenges. Technology also disconnects us emotionally from our children and our families. Parental emotional availability is the main nutrient for child's brain. Unfortunately, we are gradually depriving our children of that nutrient.

2. KIDS GET EVERYTHING THE MOMENT THEY WANT IT

"I am Hungry!!" "In a sec I will stop at the drive thru" "I am Thirsty!" "Here is a vending machine." "I am bored!" "Use my phone!" The ability to delay gratification is one of the key factors for future success. We have the best intentions — to make our children happy — but unfortunately, we make them happy at the moment but miserable in the long term. To be able to delay gratification means to be able to function under stress. Our children are gradually becoming less equipped to deal with even minor stressors, which eventually become huge obstacles to their success in life.

3. KIDS RULE THE WORLD

"My son doesn't like vegetables." "She doesn't like going to bed early." "He doesn't like to eat breakfast." "She doesn't like toys, but she is very good at her iPad" "He doesn't want to get dressed on his own." This is what I hear from parents all the time. Since when do children dictate to us how to parent them? If we leave it all up to them, all they are going to do is eat macaroni and cheese and bagels with cream cheese, watch TV, play on their tablets, and never go to bed. What good are we doing them by giving them what they WANT when we know that it is not GOOD for them? Without proper nutrition and a good night's sleep, our kids come to school irritable, anxious, and inattentive. In addition, we send them the wrong message. They learn they can do what they want and not do what they don't want. The concept of "need to do" is absent. Unfortunately, in order to achieve our goals in our lives, we have to do what's necessary, which may not always be what we want to do. For example, if a child wants to be an A student, he needs to study hard. If he wants to be a successful soccer player, he needs to practice every day. Our children know very well what they want, but have a very hard time doing what is necessary to achieve that goal. This results in unattainable goals and leaves the kids disappointed.

4. ENDLESS FUN

We have created an artificial fun world for our children. There are no dull moments. The moment it becomes quiet, we run to entertain them again, because otherwise, we feel that we are not doing our parenting duty. We live in two separate worlds. They have their "fun" world, and we have our "work" world. Why aren't children helping us in the kitchen or with laundry? Why don't they tidy up their toys? This is basic monotonous work that trains the brain to be workable and function under "boredom," which is the same "muscle" that is required to be eventually teachable at school. When they come to school and it is time for handwriting their answer is "I can't. It is too hard. Too boring." Why? Because the workable "muscle" is not getting trained through endless fun. It gets trained through work.

CONTINUED: REASONS TODAY'S KIDS ARE BORED AT SCHOOL...

5. LIMITED SOCIAL INTERACTION

We are all busy, so we give our kids digital gadgets and make them “busy” too. Kids used to play outside, where, in unstructured natural environments, they learned and practiced their social skills. Unfortunately, technology replaced the outdoor time. Also, technology made the parents less available to socially interact with their kids. Obviously, our kids fall behind... the babysitting gadget is not equipped to help kids develop social skills. Most successful people have great social skills. This is the priority! The brain is just like a muscle that is trainable and re-trainable. If you want your child to be able to bike, you teach him biking skills. If you want your child to be able to wait, you need to teach him patience. If you want your child to be able to socialize, you need to teach him social skills. The same applies to all the other skills. There is no difference!

TRAIN THE BRAIN

You can make a difference in your child's life by training your child's brain so that your child will successfully function on social, emotional, and academic levels. Here is how:

1. Limit technology, and re-connect with your kids emotionally

- Surprise them with flowers, share a smile, tickle them, put a love note in their backpack or under their pillow, surprise them by taking them out for lunch on a school day, dance together, crawl together, have pillow fights
- Have family dinners, board game nights (see the list of my favorite board games), go biking, go to outdoor walks with a flashlight in the evening

2. Train delayed gratification

- Make them wait!!! It is ok to have “I am bored” time – this is the first step to creativity
- Gradually increase the waiting time between “I want” and “I get”
- Avoid technology use in cars and restaurants, and instead teach them waiting while talking and playing games
- Limit constant snacking

3. Don't be afraid to set the limits. Kids need limits to grow happy and healthy!!

- Make a schedule for meal times, sleep times, technology time
- Think of what is GOOD for them- not what they WANT/DON'T WANT. They are going to thank you for that later on in life. Parenting is a hard job. You need to be creative to make them do what is good for them because, most of the time, that is the exact opposite of what they want.
- Kids need breakfast and nutritious food. They need to spend time outdoor and go to bed at a consistent time in order to come to school available for learning the next day!
- Convert things that they don't like doing/trying into fun, emotionally stimulating games

CONTINUED: REASONS TODAY'S KIDS ARE BORED AT SCHOOL....

4. Teach your child to do monotonous work from early years as it is the foundation for future "workability"

- Folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table, making lunch, unpacking their lunch box, making their bed
- Be creative. Initially make it stimulating and fun so that their brain associates it with something positive.

5. Teach social skills

- Teach them turn taking, sharing, losing/winning, compromising, complimenting others , using "please and thank you"

From my experience as an occupational therapist, children change the moment parents change their perspective on parenting. Help your kids succeed in life by training and strengthening their brain sooner rather than later!

Special thanks to Melani Fay, a counselor in the school district of La Crosse for this guest editorial based on her presentation at Northside Elementary School's family night!



**SAVE THE DATE! Festival of Nations has
been scheduled for:**

Thursday May 3rd (Grades K & 1)

Thursday May 10th (Grades 2 & 3)

and Thursday May 17th (Grades 4 & 5)

ASKING THE RIGHT QUESTIONS



When reading with your child, check for understanding by asking questions. Don't just ask questions at the end, it's important to check for understanding before, during and after reading.

Here are some questions to ask!

Before	During	After
<ul style="list-style-type: none"> • What do you think will happen in this story? • What might be the problem? • Where may be the setting of the story? • What do you know about this topic? • What does this story make you think of? • What are you wondering about? • What does the title tell you? 	<ul style="list-style-type: none"> • What do you think will happen next? • What can you tell me about the story so far? • How do you feel about the story so far? • What questions do you have? • Why do you think the character did that? • What would you have done? 	<ul style="list-style-type: none"> • What was the title? • What was the problem/solution in the story? • Why do you think the author wrote this book? • What was your favorite/least favorite part? • What would you change about the story? • What will happen next?

Why Can't We Skip Reading Tonight?

Student A reads 20 minutes each day. This equals 3600 minutes a school year. Student A will read approximately 1,800,000 words.



Student B read 5 minutes each day. This equals 900 minutes in a school year. Student B will read approximately 282,000 words.



Student C reads 1 minute each day. This equals 180 minutes a school year. Student C will read approximately 8,000 words.



By the end of the school year, Student A will have read the equivalent of 60 school days. Student B will have read only 12 school days. Which student do you expect to be the better reader? (Nagy & Herman, 1987)

Family Game Night!

In November, North Woods International celebrated their students' math and learning with a Family Game Night. On this night, families gathered together to enjoy a pizza party and then got to explore and play a variety of math games. Each family also received a free game binder to continue the fun at home. Thank you to our Title I and the Kids' Club After School Program for throwing this math-tastic night!





La Crosse 2018 Give Kids a Smile® Day



ADA Foundation®

On February 2, 2018, several La Crosse area dentists will be providing free dental care to underserved and uninsured children (up to age 17).

Sign Up: To receive care for your child(ren), sign up at bit.ly/gkaslacrosse

After you submit the form, we will contact you in early January to schedule your appointment on February 2

More information: www.facebook.com/gkaslacrosse/

About: Each year, thousands of dentists across the country help underserved children get the oral health care they need. Give Kids A Smile® is an annual volunteer program that provides free educational, preventive and restorative services to children. Last year, we worked together to provide care to more than 350,000 kids. Give Kids A Smile® is an American Dental Association event.

Questions? gkaslacrosse@gmail.com | 608-782-5675

December 2017

Breakfast Prices Elementary: \$1.60 Middle School: \$1.65 High School: \$1.80 Reduced Price: \$0.30 Adult: \$2.40 Milk: \$0.50

Lunch Prices Elementary: \$2.75 Middle School: \$2.85 High School: \$3.05 Reduced Price: \$0.40 Adult: \$3.75 Milk: \$0.50

North Woods International Breakfast and Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Breakfast Menu
- Scrambled Eggs
- Lunch Menu
- Chicken Pot Pie with WG Biscuit
 - Toasted Cheese Sandwich
 - Tomato Soup

4

- Breakfast Menu
- Breakfast Burrito W/ Salsa
- Lunch Menu
- Texas Western Bbq Pork on Bun
 - Garlic Cheese Bread with Marinara Sauce
 - Peas

5

- Breakfast Menu
- Breakfast Pizza
- Lunch Menu
- Lasagna Rollup
 - Chicken Nuggets
 - WG Garlic Toast
 - Green Beans

6

- Breakfast Menu
- WG Donut Holes
- Lunch Menu
- Beef & Cheese Nachos
 - Hot Ham and Cheese
 - Cowboy Corn Salsa

7

- Breakfast Menu
- Warm Soft Pretzel
- Lunch Menu
- Chicken Noodle Soup with WG Breadstick
 - Homemade Cheese Pizza
 - Country Blend Veggies

8

- Breakfast Menu
- Pancake Sausage Bites
- Lunch Menu
- Fish Nuggets
 - Hamburger on WG Bun with Burger Fixins
 - WG Snack Crackers
 - Oven Fries

11

- Breakfast Menu
- Colby Omelet
- Lunch Menu
- Cheeseburger Macaroni Casserole with WG Garlic Toast
 - Hot Dog & Bun
 - Carrot Coins
 - WG Chocolate Chip Cookie

12

- Breakfast Menu
- Breakfast Pizza
- Lunch Menu
- Herb Roasted Chicken with WG Dinner Roll
 - Hot Italian Sandwich
 - Baked Potato

13

- Breakfast Menu
- WG Cinni Muffin
- Lunch Menu
- Orange Chicken with Brown Rice
 - Yogurt & Hard Boiled Egg with Apple Oatmeal Bar
 - California Blend Vegetables

14

- Breakfast Menu
- Buttermilk Pancakes
- Lunch Menu
- Hot Beef Sandwich with
 - Homemade Sausage Pizza
 - Green Beans

15

- Breakfast Menu
- Breakfast Sandwich (Sausage)
- Lunch Menu
- Mini Corn Dog
 - White Chicken Chili with Cheez-Its
 - Smiley Fries
 - SideKicks

18

- Breakfast Menu
- Cheese Filled Pretzel Stick
- Lunch Menu
- Macaroni & Cheese
 - Chicken Nuggets
 - WG Breadstick
 - Roasted Broccoli
 - WG Snack Crackers

19

- Breakfast Menu
- Breakfast Pizza
- Lunch Menu
- Chicken Patty Sandwich
 - Meatballs and Gravy with WG Dinner Roll
 - Mashed Potatoes

20

- Breakfast Menu
- Cinnamon Roll With Icing
- Lunch Menu
- Cinnamon Glazed French Toast Sticks with Sausage Patty
 - Smoked Turkey Deli Sandwich
 - Tri-taters

21

- Breakfast Menu
- Ultimate Breakfast Round
- Lunch Menu
- Walking Joe
 - Homemade Cheese Pizza
 - Baked Beans
 - Mini Rice Krispies Treat

22

- Breakfast Menu
- Egg and Cheese Eat a Bowl
- Lunch Menu
- Spaghetti Sauce with Meat over WG Rotini Pasta with WG Garlic Toast
 - Cheese Filled Breadstick with Marinara Sauce
 - Green Beans

25

No School

26

No School

27

No School

28

No School

29

No School

Breakfast Options Offered Daily Elem:WG Cereal Choice , WW Toast , Banana Bread Slice

Beverages Offered Daily :Skim Chocolate Milk , 1% Lowfat Milk , Lactose Free Milk , Lactose Available Upon Request, Assorted Juices , Juice at Breakfast Only

Condiments Available:Jelly , Margarine , Syrup , Ketchup , Mustard , Mayonnaise , BBQ Sauce , Tartar Sauce

Assorted Daily Fresh and Canned Fruit Choices:Sliced Pears , Sliced Peaches , Mandarin Oranges , Applesauce , Pineapple , Fruit Cocktail , Red Grapes , Orange , Great Apple Crunch Day! , Honeydew , Strawberries , Banana , Fresh Pears , Fresh Peaches , Kiwi , Fruit Crisp , Dried Cranberries

Daily Salad Bar:Romaine Lettuce , F2S Spinach , Carrots , Green Peppers , Fresh Cucumbers , Celery Sticks , Roasted Garbanzo Beans , Green Peas , Fresh Broccoli , Fresh Cauliflower , Ranch Dressing , French Dressing

Carbohydrate Counting Disclaimer Carbohydrate information is an estimate that could vary with substitutions and students' selections.

More Details: <http://lacrosseschools.nutrislice.com/menu/north-woods-international/breakfast-lunch/>

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Harvest of the Month



December



Cheese



Pick:

•There are many different types of cheese, including: cheddar, mozzarella, Swiss, parmesan, feta, and many more! Each type of cheese tastes a little different.

Store:

- Make sure to wrap cheese in plastic prior to refrigerating.
- Typically, the harder the cheese, the longer it will keep.

Prepare:

- Cheese can be shredded, sliced or diced.
- Mold generally can't penetrate far into hard and semisoft cheeses, such as cheddar, Colby, Parmesan and Swiss. So you can cut away the moldy part and eat the rest of the cheese.

Nutrition Info

One slice of cheddar cheese provides 120 calories, 8 grams of protein and 200 mg of calcium.

Fun Facts

Most cheese is made from cow's milk, but some are made from goat's or sheep's milk.

It takes 10 pounds of milk to produce just 1 pound of cheese!

Wisconsin is home to more than 600 varieties, types and styles of cheeses that are crafted by more than 100 Wisconsin cheesemakers.

Uses

Looking for something to bring for the holidays? Make your own cheese and fruit platter. Cheese pairs nicely with apples, grapes and berries or even with dried fruit such as raisins and apricots.

Try a gourmet grilled cheese sandwich! Here are a few ideas: pesto, mozzarella cheese and tomatoes; avocado, pepperjack and bacon; or ham, apple butter and Swiss cheese.

Farm2School Updates

Farm2School Chili debuted on the menus of all 33 public schools in La Crosse and La Crescent last month! Also participating in the roll out of our first Farm2School entrée were both Gundersen Health System and Mayo Clinic Health System-Franciscan Healthcare along with People's Food Co-Op and select childcare and Head Start sites.

This dish is minimally processed and delicious and is made with hearty beans and local veggies that were frozen during their peak season. The recipe has been released - find it on the back page and give it a try at home!

Farm2School Chili

Serves 4

Ingredients:

1 Tbsp. extra virgin olive oil	1 ¾ cups frozen corn
1 cup diced onions	2 (14.5 ounce) cans diced tomatoes, undrained
¾ cup diced carrots	1 (15 ounce) can black beans, undrained
¾ cup diced celery	1 (15 ounce) can kidney beans, undrained
1 tsp. granulated garlic (or garlic powder)	1 Tbsp. ground cumin
1 Tbsp. chili powder	½ Tbsp. dried oregano
1 cup diced green bell pepper	½ Tbsp. dried basil
1 cup diced red bell peppers	½ tsp. salt
1 ½ cups diced mushrooms	shredded cheddar cheese

Directions:

Heat olive oil in a large pot over medium heat. Add onions, celery and carrots and sauté until tender. Stir in the bell peppers, garlic powder and chili powder. Cook about 6 minutes. Stir in the mushrooms and frozen corn. Cook about 5 minutes and test to make sure all vegetables are tender. Add cooking time if needed. Stir in tomatoes, kidney and black beans. Season with oregano, cumin, basil and salt. Bring to a boil and reduce heat to medium. Cover and simmer for 20 minutes, stirring occasionally. Serve warm, topped with shredded cheddar cheese!

Nutrition Facts (per 1 cup serving):

150 calories, 2 g fat, 7 g protein, 27 g carbohydrate, 7 g fiber, 275 mg sodium

Color
Cheese!

