



DECEMBER 2018 NEWSLETTER



Dear all,

Hoping 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 9 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, Amity Interns, musical instruments, motivational speakers, and even international guests. In order to raise money to sponsor these many things, they have sponsored numerous fund-raising events. This year they are sponsoring the Kwik Trip Kares promotion, the Hanson Fundraiser, Grandparents Day pictures, coupon books, 'North Woods Nights' at local restaurants, etc. Special thanks to all the TEAM members who assisted with the Grandparents' Day pictures, TEAM president Heather Pintz, and also to Melanie Dodge, Jennifer Schmidt, Jen Devine, Tim Trueblood, Calison Weiss and Kelsie Bolstad. Wonderful to see the smiles on grandchildren and grandparents' faces! Also thanks to ALL of you who have dedicated your time and talents to assisting our TEAM organization over the years. We appreciate you!

I am proud to say that North Woods International again received an Exceeds Expectations Rating on the 2017-2018 State Report Card. This state-issued report card evaluates schools on student achievement, school growth, and progress in closing achievement gaps. Please see full report card inside.

This month on Tuesday, December 11th, North Woods International will be hosting District Wide Parents at our school. Our 4th and 5th graders will be showcasing highlights from their IB journey, and I will be sharing details about our School Improvement Plan. Additionally, I am excited to share that NWI is now posted on the Wisconsin Association of World IB schools as a Candidate School. Sara DePaolo, our IB Coordinator, our IB leader, Jessica Hembd and I have joined this network of other IB Schools. It is wonderful to be part of this IB network. Also, this month we will be kicking off the first of our grade level IB Expos, showcasing learning from our first IB unit! Second grade will be hosting their event on Wednesday evening, December 5th, and kindergarten on Tuesday, December 18th. We are also enjoying the books which we received from Trust Point Financial. These books help us learn about the IB Attributes your children are learning, as noted on the IB Attributes insert in your report card.

Thanks for sharing your most valuable possessions, your children with us. Wishing you and your families a joyous December and holiday season.

In Partnership,

Sandra Brauer

Sandy Brauer

North Woods International Principal

MARK IT DOWN! UPCOMING EVENTS!

Thurs. Dec 6th: Geography Bee (2-3pm)

Thurs. Dec 13th: Second Grade Dental
Sealants

Fri. Dec 14th: Third Grade Dental
Sealants

Fri. December 21st: Gift of Giving

December 24-Jan. 2, 2019:

No School Winter Break



Fri. Jan 18: No school

Mon. Jan 21: No School

Fri. Feb. 8: No School

Mon. Feb. 11: No School

Mon. Mar. 11: Parent Teacher

Conferences NO SCHOOL

Tues. Mar 12: No School

Thurs. Mar. 14: 4pm-8pm Parent Teacher
Conferences (normal school day)

*Spring Break: April 18th-22nd, school
resumes on April 23rd!*

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!



Our website has a new look!

Have you visited our North Woods Webpage lately? Did you feel it was not as user friendly as it could be? We did too!

Feel free to explore our new webpage. There is now information regarding our change to IB, helpful links for parents and interested families, and more! Information released during Coffee, tea & IB will be posted to our webpage as well.

Link: <https://www.lacrosseschools.org/northwoods-international/>



ORCHESTRA NEWS

The string students have been making great progress this quarter. Fifth grade strings will be performing for 4/5 classes at 2:00 PM on Monday, December 17th in the LGI. Fourth Grade students will perform for kindergarten at 1:00 PM on Wednesday, December 19th in the LGI. Parents are welcome to attend these performances!



Thank you to our parent volunteers who helped during Vision Screening on October 3rd!
Calison Weiss, Natalie Keller, Jennifer Wilder, Ann Thurman, Josh Pogreba, Lisa Vallee, Deya Ortiz, Laszlo Stojalowsky, Jessica Schams & Jessica Leone!

Thank you to our TEAM parent organization and fellow parent volunteers for a great start to the school year!
A special shout out to Calison Weiss for helping put together and run the logistics of our Hansen's Food Fundraiser!

THANK YOU'S!



GIFT OF GIVING!

This year the Gift of Giving will be held on Friday, December 2nd, 2018. Students will have the opportunity to purchase gifts for family members for the holiday season. All items will be sold for \$.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 Monday, December 3rd through Thursday, December 20th.

More information coming soon from TEAM!

Interested in being Santa's Helpers (Volunteers)?

Sign up here: www.volunteersignup.org/MBKHX

SCHOOL DISTRICT OF LA CROSSE 2019 FOUR-YEAR-OLD PRESCHOOL PROGRAM

The School District of La Crosse will begin accepting registrations for the 2019-2020 Four-Year-Old Preschool Program beginning **February 6-8, 2019, from 6:30 A.M. – 5:00 P.M.** Any child who is 4-years-old on or before September 1, 2019 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 several 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 do so 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 20, 2018, 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 6, 2019, 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 11, 2019 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 2019-2020 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 Bluffs 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)	419 N. 9 th St.

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



Title Tips: December 2018

Word Games

1. Guess My Word

Give your child clues to a word you are thinking of. Ex: It rhymes with..., It starts with..., It would be used to describe..., A synonym is...



2. Beach Ball Words

Write words on a beach ball. Toss it to your child. Have them read the word that is under their right hand. Toss it back and forth.



3. Magnetic letters

Make words with magnetic letters on the refrigerator or any magnetic surface. Give your child the letters, tell them the word and see if they can make it.



4. Sock Game

Put word cards down on the floor. Have your child stand in their socks. Call out the word and see how quickly they can step on it!



5. Dot Game

Laminate word cards. Review words before playing. Use an expo marker to draw a dot on the back of one of the cards. Lay cards on the floor or table. Have your child guess which word is hiding the dot



6. Shaving cream

Put shaving cream (or sand/paint) on a plate. Write a word using your finger. Have your child read it.



7. Newspaper words

Give your child a word. Have them use a highlighter and find it in the newspaper. Highlight it when you find it and count how many times they found it.



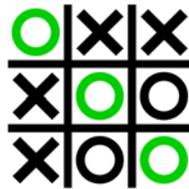
8. Show and Tell

Give your child a whiteboard and a marker. Call out a word. Have your child write it/draw a picture for it/write a sentence (choose which one best fits your child's ability) for it and then show it to you.



9. Tic-Tac-Toe

Draw a tic-tac-toe board. Write a word in each box. Read a word and mark it with an x or an o.



10. Card Games

Copy or write 2 sets of word cards. Play a card game such as Go Fish or Memory.

PBIS Corner:

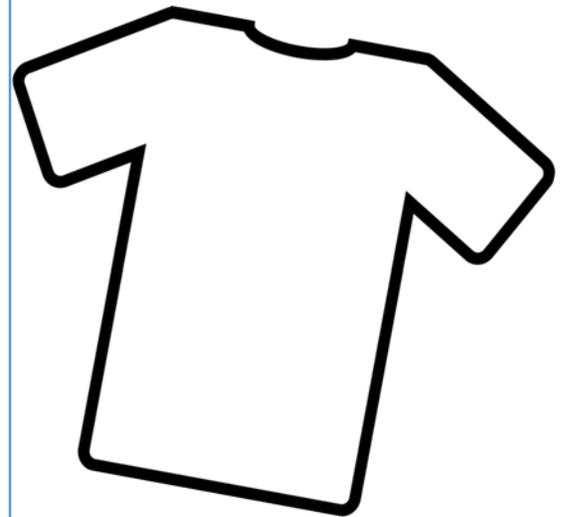
Being respectful and principled is a goal we are working on at North Woods. Here are some activities you can do with your family to teach and encourage respectful behaviors at home:

1. Look up the definition of respect. Write it down. Now describe ways you have acted respectfully or disrespectfully this week.
2. Make a list of people you think are respectful and why you added them to your list.
3. What are three ways you can show your teacher respect?
4. What are three ways you can show your parents respect?
5. Watch a half hour TV show. Who was respectful or disrespectful, and why?
6. List five ways we could show greater respect for our environment.
7. What would you do if an adult was disrespectful to you? Suppose the grown-up yelled at you for something you didn't do. What do you say? What do you do?
8. Describe a respectful way to answer the phone.
9. Suppose you're invited to your friend's home for a family dinner. What are some ways you could show respect and courtesy when your first arrive? At their table? When you leave?
10. Create a recipe for respect. What ingredients do you need?

Adapted from Michele Borba www.moralintelligence.com

HAVE OLD T-SHIRTS?

If you have any old t-shirts (preferably adult small-large) feel free to send them in to Mrs. Tauscher. We would love to use them for paint shirts! Thank You!!



IB NEWS:

In December, as a school we are focusing on being principled.

IB's definition of Principled is:

- *"We act with integrity and honesty, with a strong sense of fairness and justice, and with respect for the dignity and rights of people everywhere. We take responsibility for our actions and their consequences."*

Please ask your child to explain what they have learned about the learner profile attributes.

Upcoming IB events:

Dec. 5th - 2nd grade IB showcase night from 5:30-6:30

- Please join us for a meal and student presentations of their learning

Dec. 18th - Kindergarten IB showcase night from 5:30-6:30

- Please join us for a meal and student presentations of their learning

North Woods Action

Kids taking Action:

- 4th and 5th grade students baked goods for the Global Soup Event on Nov. 7th at Concordia Ballroom. They also spent time selling the goods to raise money for the winning pitch of the evening.
- Kids in kindergarten made tie blankets for the Humane Society with their buddy classes.

TITLE I AND THE AFTER SCHOOL PROGRAM ARE PLEASED TO ANNOUNCE THE CARNIVAL OF ENGINEERING FAMILY NIGHT DECEMBER 4TH!

You won't want to miss this extra special presentation from the Science Museum of Minnesota.

Dinner will be provided from 5:30 until 6:00. A presentation will follow with lots of time for hands on engineering activities for families!

If you have questions about the event please contact Jeanette Schams or Sara DePaolo at 608-789-7000

or jschams@lacrossesd.org / sdepaolo@lacrossesd.org

We hope to see you there! See the flyer on the next page for details.





SciEd.

SciEd is science education support and programs for teachers. Working with teachers, we strive to advance science literacy through dynamic resources.

Field Trips

At Your School

**Resources
& Training**

smm.org/SciEd

The Science Museum of Minnesota presents

Carnival of Engineering!

Presenters will dazzle curious minds of all ages with hands-on engineering activities and unforgettable science demonstrations.



Step right up to explore engineering and technology! Experience a school carnival in a whole new way as the Science Museum puts an engineering twist on traditional carnival games.

Create a flying frog flinger, take on a cantilever building challenge, explore how objects float, sink, or “fink,” and experiment with a crane game, giant slide, and rollercoasters in a tube.

5:30-7:30pm, December 4, 2018

Free admission!

North Woods International

For details, call North Woods International at (608)-789-7000.
jschams@lacrossesd.org or sdepaolo@lacrossesd.org



It's the Year of the Engineer! Through engaging and interactive programming, our presenters explore what engineers do, what inspires them, and why engineering is important in our technology-rich world.

For more information about the Science Museum of Minnesota's state-wide outreach programming, email schooloutreach@smm.org or call (651) 221-4748.

Independent Facilitator
Chris Peterson **presents**



THE PARENTING PROFESSOR

Parenting the Love and Logic Way™

This is a fun 6 part parenting program full of stories, laughs, and skills designed to give you practical skills that can be used immediately. Invest back into your family and up the odds that we raise our children to be successful adults.

Give you and your family the peace it deserves.

Gain skills on how to:

- Avoid unwinnable power struggles and arguments
- Stay calm when your kids do upsetting things
- Set limits that you can enforce
- Avoid enabling and begin empowering
- Help your kids learn from their mistakes
- Raise kids who are family members not dictators

...and much more!

Childcare will be included. RSVP when registering.

Email to Register:

- chris@theparentingprofessor.com

Please register by Dec. 31st to guarantee your seat.

In partnership with:



Hintgen Elementary School



Chris Pe

Date & Time

Jan. 8, 15, 22, 29 Feb. 5, 12
All Classes 5:30-7:30pm
Meal served at 5:15

Location

Hintgen Elementary
3505 28th St S
La Crosse, WI 54601

Investment

FREE for Hintgen Families
\$20/person and \$30/couple
Includes childcare, all materials, meals
online support and
satisfaction guaranteed.
Scholarships Available



www.theparentingprofessor.com

Kwik REWARDS
KARES

RAISE MONEY FOR NORTH WOODS ELEMENTARY SCHOOL

How do I get started?

Do you have one of the following cards?



Yes

No

Great! Have you registered your card at kwikrewards.com?

Pick up a card at any Kwik Trip location! (You'll thank us later.)

Yes

No

Register your card at kwikrewards.com

Start raising money for North Woods by filling out the enrollment page at kwikrewardskares.com

How Much Money Will North Woods Make?

September 1, 2018 through
December 31, 2018:

- 10% on most in-store purchases
- 10¢ per gallon on fuel purchases

January 1, 2019 through May 31, 2019:

- 5% on most in-store purchases
- 3¢ per gallon on fuel purchases



*some product exclusions apply.

What's in it for you?



Free Food & Merchandise

Each visit gets you closer to your selected reward.



Discounts on Fuel

Get cents off fuel rewards when buying qualifying in-store items.



Digital Punchcards

Use your rewards card to track and earn rewards on the items you buy most.



Exclusive Coupons

Add coupons to your card, discounts apply automatically during check out.



Questions?

Please email kwikrewards@kwiktrip.com with any questions regarding this promotion.

DENTAL SEALANTS (GRADE 2 AND 3)

Dental Sealants for 2nd grade, December 13th &

Dental Sealant for 3rd grade: December 14th!

Dental Sealant Information



La Crosse County Seal-A-Smile will be at your child's school on **December 13th and 14th** to provide dental services to children in **2nd and 3rd grades**. Services will be provided by a Registered Dental Hygienist and include a basic dental screening, cleaning if needed, fluoride varnish, and dental sealants. If you would like your child to participate, please complete the consent form that will be sent home with your child or the online consent form here <https://sealasmile.wisconsin.gov/Consent>. If you have a child in 3rd grade that participated last school year, a new consent form **does not** need to be completed. There is no cost for the dental services.

GRANDPARENTS/VETERANS DAY FACTS FROM THE KITCHEN:

DID YOU KNOW: The kitchen served 240 students, 243 grandparents/guests, and 25 staff, for a total of..... 508 meals!

DID YOU KNOW: There are over 70 million Grandparents in the US today!

DID YOU KNOW: 69% of grandparents live within 50 miles of their Grandchildren!

DID YOU KNOW: 16.1 million living **veterans** served during at least one war.

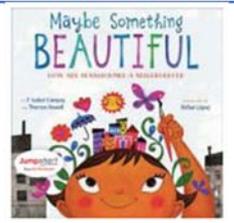
DID YOU KNOW: Celebrated annually on November 11th, the anniversary of the end of [World War I](#).

DID YOU KNOW: Your children and grandchildren had a great time prepping for this special event and told the kitchen all week about who they were bringing as a guest for lunch. Thank you for dining with us and we look forward to serving you next year!



SAVE THE DATE! Festival of Nations has been scheduled for:
Thursday May 9th (Grades K 6:00pm & 1 6:45pm)
Thursday May 16th (Grades 2 6:00pm & 3 6:45pm)
and Tuesday May 21st (Grades 4 & 5 6:00pm)

Read for the Record



On Thursday, October 25th, our students were a part of the Read for the Record Day by participating in a book walk in our field out behind the school. The record is for the most people reading the same book on the same day. This year, we read the book Maybe Something Beautiful by F. Isabel Campoy and Teresa Howell. It was based on a true story from San Diego, California. This story is about a small girl who loves art and wants to add color and happiness to her city. It has a great message that even the smallest people can make a change. This was a great story for us this year as we begin our IB journey and encourage students to take action.

A special thanks this year to LPEF and Coulee Bank for sponsoring us with a grant to build permanent book walk stands so we can enjoy the book walk year-round. Also, thank you to our custodian, Mr. Mike, for building all of the book stands for us.

It was a beautiful day to promote literacy while allowing students to be active. Thanks to all our North Woods students and staff for participating to help set a world record!



Socktober & Food Drive

Thank you to all families who participated and helped donate to Socktober & our Food Drive! We were able to help many families in need.

As a school, we collected 381 food items!

Check out the donations from Socktober! These donations were brought to New Horizons & the Salvation Army.



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 for demonstrating good behavior, 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, ice cream, bowling passes & more!

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).



La Crosse 2019 Give Kids a Smile Day

On February 1, 2019, 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 1.

More Information: www.facebook.com/gkaslacrosse/

Each year, thousands of dentists across the the country help underserved children get the oral health they need. Give Kids A Smile is an annual volunteer program that provides free educational, preventative 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? gkalacrosse@gmail.com / 608-782-5675



North Woods International School
La Crosse | Public - All Students
 School Report Card | 2017-18 | Summary

Overall Score



★★★★☆
Exceeds Expectations

Overall Accountability Ratings	Score
Significantly Exceeds Expectations	83-100 ★★★★★
Exceeds Expectations	73-82.9 ★★★★☆
Meets Expectations	63-72.9 ★★★☆☆
Meets Few Expectations	53-62.9 ★★☆☆☆
Fails to Meet Expectations	0-52.9 ★☆☆☆☆

School Information

Grades	K4-5
School Type	Elementary School
Enrollment	365
Percent Open Enrollment	12.9%
<i>Race/Ethnicity</i>	
American Indian or Alaskan Native	0.3%
Asian	17.0%
Black or African American	3.6%
Hispanic/Latino	9.6%
Native Hawaiian or Other Pacific Islander	0.0%
White	59.2%
Two or More Races	10.4%
<i>Student Groups</i>	
Students with Disabilities	13.4%
Economically Disadvantaged	51.8%
English Learners	11.0%

Priority Areas	School Score	Max Score	K-5 State	K-5 Max
Student Achievement	70.9/100		66.0/100	
English Language Arts (ELA) Achievement	37.4/50		32.2/50	
Mathematics Achievement	33.5/50		33.8/50	
School Growth	59.4/100		66.0/100	
English Language Arts (ELA) Growth	34.9/50		33.0/50	
Mathematics Growth	24.5/50		33.0/50	
Closing Gaps	85.9/100		69.6/100	
English Language Arts (ELA) Achievement Gaps	46.8/50		36.2/50	
Mathematics Achievement Gaps	39.1/50		33.4/50	
Graduation Rate Gaps	NA/NA		NA/NA	
On-Track and Postsecondary Readiness	89.4/100		87.4/100	
Graduation Rate	NA/NA		NA/NA	
Attendance Rate	74.3/80		74.8/80	
3rd Grade English Language Arts (ELA) Achievement	15.1/20		12.6/20	
8th Grade Mathematics Achievement	NA/NA		NA/NA	

Priority Area Weights

Percentage Weight

Student Achievement	13.8%
School Growth	36.2%
Closing Gaps	25.0%
On-Track and Postsecondary Readiness	25.0%

Note: For details about how weights are determined, see weighting calculator:

https://oea-dpi.shinyapps.io/overall_weighting_calculator/

Student Engagement Indicators

Total Deductions: 0

Absenteeism Rate (goal <13%)	Goal met: no deduction
Dropout Rate (goal <6%)	Goal met: no deduction

Test Participation Information

Includes Forward Exam (grades 3-8), ACT (grade 11), and Dynamic Learning Maps (grades 3-8 and 11)

Group	ELA 1-Year	ELA 3-Year	Math 1-Year	Math 3-Year
All-Students Rate	97%	98.8%	98.2%	99%
Lowest Subgroup Rate: EL	95.7%	98.5%	100%	100%

^Note: Outlier score fluctuation is noted by ^ when any school or district report card has a 10-point or greater change (up or down) in its Overall Score. This amount of change in a single year is considered an outlier, and may or may not be reflective of actual school/district change in performance. Careful and cautious review of the report card and all supplemental pages is recommended. For assistance in better understanding this report card, contact the Office of Educational Accountability: reportcardhelp@dpi.wi.gov.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Texas BBQ Pork on WG Bun Garlic Cheese Bread Yogurt Lunch Roasted Veggies Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Marinara Sauce	Lasagna Rollup Chicken Nuggets Yogurt Lunch Green Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Garlic Toast Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces	Beef Nachos Hot Ham & Cheese Yogurt Lunch Cowboy Corn Salsa Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Tortilla Chips Chocolate Fat Free Milk Lowfat White Milk	Grilled Chicken Burger Homemade Cheese Pizza Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Bun WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk	Fish Sticks Cheeseburger on WG Bun Yogurt Lunch Oven Fries Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Burger Fixins
10	11	12	13	14
Macaroni & Cheese Hot Dog /Bun Yogurt Lunch Carrot Coins Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Seasoned Breadstick WG Cookie Chocolate Fat Free Milk Lowfat White Milk Hot Dog Fixins	Chicken Pot Pie Hot Italian Sub Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Biscuit Chocolate Fat Free Milk Lowfat White Milk	Orange Chicken EZ Jammer Yogurt Lunch Roasted Veggies Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Brown Rice Apple Oatmeal Bar Chocolate Fat Free Milk Lowfat White Milk	Turkey Club Sandwich Homemade Sausage Pizza Yogurt Lunch Green Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk	Mini Corn Dogs Wisconsin Chili Yogurt Lunch Smiley Fries Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Cornbread Chocolate Fat Free Milk Lowfat White Milk
17	18	19	20	21
Macaroni & Cheese Chicken Nuggets Yogurt Lunch Roasted Broccoli Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers WG Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces	Chicken Patty Sandwich Meatballs & Gravy Yogurt Lunch Mashed Potatoes Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Assorted Graham Snacks Dinner Roll Chocolate Fat Free Milk Lowfat White Milk	Sausage Patty <small>served with</small> French Toast Sticks Smoked Turkey Deli Sub Yogurt Lunch Potato Wedges Fresh Veggie Bar Assorted Canned Fruit Assorted Fresh Fruit WG Snack Crackers Lowfat White Milk Chocolate Fat Free Milk Lite Mayo Packet Mustard Packet	Roast Turkey & Gravy Homemade Cheese Pizza Yogurt Lunch Mashed Potatoes Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Dinner Roll WG Cookie Chocolate Fat Free Milk Lowfat White Milk	Spaghetti Sauce w/Meat <small>served over</small> WG Pasta Cheese Filled Breadstick Yogurt Lunch Green Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Garlic Toast WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Marinara Sauce
24	25	26	27	28
No Information Provided	No Information Provided	No Information Provided	No Information Provided	No Information Provided
31				
No Information Provided				

Harvest of the Month



Pick:

- Choose winter squash with firm skin that is free of nicks, cracks, or soft areas.
- Select squash with an attached stem.

Store:

- Fresh, whole squash can be stored in a cool dark place for several weeks to months, depending on the variety.
- Store cooked squash for a few days in the refrigerator or freeze up to 6 months.

Prepare:

- Winter Squash is versatile. It can be baked, microwaved, roasted, sautéed, boiled, and/or steamed.
- Use a very sharp knife to cut or peel squash.

December



Winter Squash

Nutrition Info

One cup of cooked, cubed squash has 115 calories and provides vitamins A & C and fiber.

Fun Facts

In Native American folklore, winter squash was one of the "three sisters," along with corn and beans. These were staple foods in the Native American diet.

There are over 15 different types of winter squash including: butternut, Delicata, Hubbard, banana, acorn and spaghetti squash.

The heaviest squash ever recorded was 1234 pounds!

Uses

Puree cooked squash and add to soups for a creamy texture. Squash seeds can be roasted and eaten just like pumpkin seeds.

Try stuffing squash with a blend of rice, apples and kale, adding roasted squash cubes to a savory pizza, or using a spiralizer to make squash noodles. No spiralizer? Try a spaghetti squash!

Family Friendly Activities

Have your child help scoop out a cooked spaghetti squash; show them that the flesh looks like spaghetti noodles!

Let your child find, pick out and count the seeds in the squash. Then roast them and enjoy as a healthy snack!

Harvest of the Month

Nutrition Facts

Serving Size 1 cup (388g)
Servings Per Container 6

Amount Per Serving

	Calories 150	Calories from Fat 40
	% Daily Value*	
Total Fat 4.5g	7%	
Saturated Fat 1.5g	8%	
Trans Fat 0g		
Cholesterol 5mg	2%	
Sodium 840mg	35%	
Total Carbohydrate 28g	9%	
Dietary Fiber 4g	16%	
Sugars 9g		
Protein 3g		

Vitamin A 8%	•	Vitamin C 60%
Calcium 10%	•	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Autumn Roasted Squash Soup

Serves 6 (1 cup per serving)

Ingredients

- 1 Tbsp. olive oil
- 1 butternut squash (approx. 2 pounds) peeled and cubed (reserve seeds for roasting)*
- 1 medium onion, peeled and quartered
- 1 small head of garlic, peeled
- 1 medium tart apple, peeled and cubed*
- 4 cups chicken or vegetable broth
- ½ tsp. salt
- ¼ tsp. cayenne pepper
- ½ cup half and half

Directions:

Preheat oven to 350 degrees. Lightly brush the surface of squash, onion, garlic and apple with the olive oil and place onto sheet pan. Roast for 30-45 minutes or until fork tender. Place all the roasted items into a large pot with the chicken broth, salt and pepper. Bring to a boil then reduce to a simmer for 15-20 minutes. Meanwhile, rinse and dry squash seeds. Lightly spray with olive oil and a sprinkle of salt. Place on sheet pan and roast for 10-20 minutes, stirring every few minutes, until evenly brown. Once soup is done, purée with an immersion blender, food processor or blender. Stir in the ½ and ½ and serve. Garnish with roasted squash seeds.

For more information on Farm2School visit:

www.laxf2s.org

Color a
Squash!

