

# Lewiston-Altura Schools **Cardinal Newsletter**

VOL. XXXV Issue 19

January 25, 2024

Visit our Website at [www.lewalt.k12.mn.us](http://www.lewalt.k12.mn.us)



**WE NEED YOUR  
INPUT!**

**We want to hear from you!**

The Lewiston-Altura School District is seeking the community's feedback on how to address budget challenges and the critical facility needs. Click the link below to take the survey!

[https://isginc.qualtrics.com/jfe/form/SV\\_24undHEZE7QwtRI](https://isginc.qualtrics.com/jfe/form/SV_24undHEZE7QwtRI)

Principal: Mr. Dave Riebel

Phone (507) 523-2191

Fax (507) 523-2609

## Spirit Days

Spirit days are often associated with sporting events. However, it is always fun to show school spirit. Elementary students are encouraged to celebrate our school by wearing red or Cardinal clothing on Fridays.



## The ExploraDome is Touring the State of Minnesota and Came to L-A!

From inner space to outer space, and everything in between. The University of Minnesota Bell Museum science education staff bring exciting content in a unique, immersive environment in a portable planetarium. All K-5 grade students could have the opportunity to explore Mars.

### Mars: The Ultimate Voyage

On a 2 year journey across space, how will astronauts stay motivated? How will they stay healthy? What challenges will they face along the way? *Mars: The Ultimate Voyage*, dives into these questions while showing what the first journey to Mars might look like—and how creativity, communication, and collaboration come together to ensure safe, deep space travel.

We would like to thank parent Alex Pasche and his employer Celanese for their employee contribution program. It is through this program and others that we were able to fund the planetarium visit.

## Upcoming Events

Jan. 25 – Bell Museum Program  
Jan. 25 – Last Day of 2<sup>nd</sup> Qtr.  
Jan. 26 – **No School – Teacher Workshop**  
Feb. 9 – RSS Chili Tasting Fund Raiser  
Feb. 21 - School Dental Sealant Day  
Feb. 26 – P.L.A.Y. Mtg, 6:30, Elem Media Center

## School Readiness

School Readiness is opening a new preschool class on Tuesday and Thursday afternoons 12:30-3 starting Jan 16th. This class is for children ages 3-5. Please call Nancy at 523-2191 option 1, or email [vgreden@lewalt.k12.mn.us](mailto:vgreden@lewalt.k12.mn.us) to enroll your child.

**There are still some openings, please call today.**

## Early Childhood

Early Childhood drop-in days are from 9-10:30 on Thursdays. This is for childcare providers and families with children ages birth to K. Come play with us! Circle time, activities, and gym time provided. No RSVP required.

Early Childhood also offers **family classes** on Tuesdays 9-10:30am. This class is for children and their parent(s) or guardian to stay and play together. Circle time, activities, snack and gym time provided. Email [vgreden@lewalt.k12.mn.us](mailto:vgreden@lewalt.k12.mn.us) to sign up.

Join us for one session or all 3! Winter session: Now-Feb 6, Spring session: Feb 27-April 30, and late Spring: May 7-21

## Parenting Tip


When I was a kid, I used to get anxious about going back to school after a break.

My mom wanted to help, so one day she did something special:

She put a little bead in my pocket and told me that whenever I felt anxious, I could touch the bead and say to myself, "I am strong. I am brave. I can do anything."

### Why did this make a big difference?

Well, my mom understood that we can't make our kids' anxiety disappear, but we can teach them how to handle it.

With my portable anchor  and affirmation, I was always reminded that yes, things might feel scary sometimes, but I had the power to deal with those feelings.

So if your child is dealing with anxiety, consider giving them their anchor and affirmation.

It could be a small rock, a gem, or even a button – something easy to carry without any sewing involved.

And remind them that the real strength **comes from within**, not just from the anchor. And that inner strength is with them all the time.

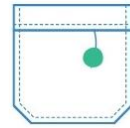
This week's parenting guide is all about using the bead strategy to help your child face their anxious feelings. Check it out!

# How to Help Your Anxious Child Feel Confident

If your child struggles with anxiety, here's a practical tip to boost their confidence and ease their worries:

## Create a Confidence Bead:

Sew a small bead into the bottom of your child's pocket and explain its purpose. Whenever they feel anxious, they can put their hand in their pocket, touch the bead, and quietly repeat a confidence mantra like, "I am strong, I am brave, I can do anything."



## The Power of the Bead:

This bead becomes a source of safety and self-assurance for your child. When they feel anxious, they can rely on their confidence bead to bolster their spirits and give them extra strength throughout the day.

This tangible tool can provide comfort and a sense of empowerment, helping your child manage their anxiety and build confidence as they face their daily challenges.

As your child touches the bead, have them focus on how it feels. What is it feel like to squeeze the bead? Does it feel cold? Can they roll the bead between their fingers Can they alternate the fingers they use?

These thoughts can help to ground your child during moments of feeling anxious in addition to repeating a mantra or calming thought.

Here are a few more thoughts your child can think about. They can repeat any of these mantras to themselves as they feel the bead between their fingers.

- \* "I am safe, and I am okay."
- \* "I can breathe, and everything will be fine."
- \* "I am strong, and I can handle this."
- \* "My feelings are temporary; they will pass."
- \* "I am in control of my thoughts and feelings."
- \* "I am capable of handling new situations."
- \* "I trust in myself and my abilities."
- \* "I can focus on my breath and relax."
- \* "I am free to be myself, and that is enough."
- \* "I let go of what I can't control."
- \* "I am resilient, and I can overcome challenges."
- \* "I am a good friend to myself."





# P.L.A.Y.

*Parents for Lewiston-Altura Youth Group*

## Looking for New Members

### P.L.A.Y. GROUP ORGANIZES THE FOLLOWING:

HOLIDAY PARTY

CARNIVAL

READING/ MATH NIGHT

EAGLE BLUFF

READY SET SCHOOL DONATION

STAFF APPRECIATION TEACHER REIMBURSEMENT MIDDLE SCHOOL FUN NIGHT

END OF THE YEAR PARTY

CONFERENCE MEALS

## MEETING DATES

6:30 PM AT THE L-A LIBRARY

OCTOBER 23RD

NOVEMBER 27TH

JANUARY 22ND

FEBRUARY 26TH

MARCH 25TH

APRIL 22ND



# Minnesota School Sealant Program



Parents or Guardians,

Your school will be hosting the Minnesota School Sealant Program, where your child has the opportunity to receive **FREE** or reduced cost preventive dental services at school. A licensed dental professional will be offering sealants, cleanings, and fluoride varnishes to students.

**The School Sealant Day will be on: Wednesday, February 21st for grades PreK-5.**

In order to be eligible to receive these services, you need to fill out this consent form with your child's information and return it to school.

**The consent form is due by: Friday, January 26th.**

**If you have any kind of dental insurance, these services are completely FREE to you. We submit the procedures to your insurance and donate whatever portion they do not cover. If you do not have dental insurance, your child can receive these services at 70% off the usual rates.**

Dental sealants, fluoride varnishes, and teeth cleanings are often provided in a public health setting due to the amazing benefits they provide at a low cost. Your child will be kept comfortable throughout these easy preventive dental services. The entire process takes less than 15 minutes. They even get to see the tooth fairy that travels with our program!

**Your student is encouraged to participate in this annual program every year.** If we saw your student last year, this will allow us to provide a cleaning and fluoride varnish which we recommended once every 6 months for kids. Sealants only need to be placed once for each adult molar tooth. If there is a new adult tooth erupted that needs a sealant, it will be placed. Please check all three boxes on the consent form for optimal oral health.

If you are able, we prefer that you fill out the consent form online at [www.schoolsealants.com/consentform](http://www.schoolsealants.com/consentform). This helps us process things quicker and more efficiently so we can help serve more students in our state that need these services. Otherwise, please complete this paper consent form today and return it to school to make sure your child will be able to benefit from this great program.

Please note that we are only at schools for a limited time and have many children to help. Checking the boxes on the following page authorizes us to perform those services, but **DOES NOT GUARANTEE** they will be completed. We provide services as time allows. We will only submit the services that we are able to complete to your insurance. These procedures may affect your insurance frequency limitations so ensure that you **let your dentist know** what procedures you had done and the date. This will ensure that they provide the appropriate services and do not duplicate procedures that may not be covered under your insurance contracts.

Please allow the MN School Sealant Program 2-6 weeks for processing all the paperwork after the program is complete. We will send you an email in 2-6 weeks with the results of your student's oral health screening, what procedures were completed and recommendations for follow up care with a dentist. If you want more information about this program, please visit [www.schoolsealants.com](http://www.schoolsealants.com).

# School Dental Program Consent Form

## Child's Information

Child's First Name \_\_\_\_\_

Child's Last Name \_\_\_\_\_

Child's Birthdate \_\_\_\_\_

School \_\_\_\_\_

Teacher \_\_\_\_\_

Race For MDH Reporting \_\_\_\_\_

Grade \_\_\_\_\_

## Parent/Guardian Contact Info

Parent/Guardian Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Home Address \_\_\_\_\_

Address Line 2 \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Time since child last saw a dentist \_\_\_\_\_

☐ My child has a known allergy to methyl acrylate and cannot have sealants

☐ My child has an Individualized Education Plan (IEP) or Special Health Needs For MDH Reporting

### I approve the following dental treatments for my child:

☐ **Sealants** - the best way to prevent cavities in the grooves of the back teeth

\*Up to four sealants may be placed on erupted permanent molars that do not already have sealants

\*A sealant retention check may be done at a later date at school and sealant reapplied at no cost if needed

☐ **Fluoride Varnish** - a boost of reinforcement for helping protect the teeth

☐ **Cleaning** - helping the teeth stay clean and shiny white

The Minnesota School Sealant Program highly recommends all three treatments for optimum oral health for kids.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

☐ My child has dental insurance. These preventive services are billed to your insurance and are provided at NO COST TO YOU.

Policy Holder's Name \_\_\_\_\_ Group Number \_\_\_\_\_

Policy Holder's Birthdate \_\_\_\_\_ Employer \_\_\_\_\_

Insurance Carrier Name \_\_\_\_\_ Insurance Phone # \_\_\_\_\_

Insurance ID # \_\_\_\_\_ Insurance Billing Address \_\_\_\_\_

PMI # \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\*This section must be **FILLED OUT COMPLETELY** for your child to be eligible to receive services.

You may also attach a scanned copy of the front and back of your insurance card.

☐ My child has no dental insurance. I would like my child to receive the services selected at the rate of \$25 per sealant (max of 4), \$25 for fluoride and \$25 for cleaning.

**You save 70% off the regular fees!**

Credit Card Number \_\_\_\_\_

Expiration (MM/YY) \_\_\_\_\_ CSV (3 digits) \_\_\_\_\_

\*We require a credit card on file to be able to provide services at schools. No other payment methods are accepted at this time. We will only charge your card after services are completed. Max charge would be \$150 if four sealants, varnish, and a cleaning are done (a \$500 value).

Please check only one box



# Programa de selladores escolares de Minnesota



Padres y tutores,

Su escuela será la anfitriona del Programa de Selladores Escolares de Minnesota, donde su hijo tiene la oportunidad de recibir servicios dentales preventivos **GRATUITOS** o de costo reducido en la escuela. Un profesional dental con licencia ofrecerá selladores, limpiezas y barnices de fluoruro a los estudiantes.

La fecha del programa será:

**21 de febrero de 2024 para los estudiantes en los grados PreK - 5.**

Para ser elegible para recibir estos servicios, debe completar este formulario de consentimiento con la información de su hijo y devolverlo a la escuela.

**Este formulario de consentimiento se debe del: 26 de enero de 2024.**

**Si tiene algún tipo de seguro dental, estos servicios son completamente GRATIS para usted. Enviamos los procedimientos a su seguro y donamos cualquier porción que no cubran. Si no tiene seguro dental, su hijo puede recibir estos servicios con un 70% de descuento sobre las tarifas habituales.**

Los selladores dentales, los barnices de flúor y las limpiezas de dientes a menudo se proporcionan en un entorno de salud pública debido a los sorprendentes beneficios que brindan a un bajo costo. Su hijo se mantendrá cómodo durante estos fáciles servicios preventivos dentales. Todo el proceso lleva menos de 15 minutos. ¡Incluso pueden ver al hada de los dientes que viaja con nuestro programa!

**Se alienta a su estudiante a participar en este programa anual todos los años.** Si vimos a su estudiante el año pasado, esto nos permitirá proporcionarle un limpieza y barniz de flúor que recomendamos una vez cada 6 meses para los niños. Los selladores solo deben colocarse una vez para cada diente molar adulto. Si hay un nuevo diente adulto en erupción que necesita un sellador, se lo colocará. Todavía marque las tres casillas en los procedimientos del formulario de consentimiento para permitirnos hacer esto.

Si puede, preferimos que complete el formulario de consentimiento en línea en [www.schoolsealants.com/consentform](http://www.schoolsealants.com/consentform). Esto nos ayuda a procesar las cosas de manera más rápida y eficiente para que podamos ayudar a atender a más estudiantes en nuestro estado que necesitan estos servicios. De lo contrario, complete este formulario de consentimiento en papel hoy y devuélvelo a la escuela para asegurarse de que su hijo pueda beneficiarse de este gran programa.

Tenga en cuenta que solo estamos en las escuelas por un tiempo limitado y tenemos muchos niños para ayudar. Marcar las casillas en la siguiente página nos autoriza a realizar esos servicios, pero **NO GARANTIZA** que se completarán. Brindamos servicios según lo permita el tiempo. Solo enviaremos los servicios que podamos completar a su seguro.

Por favor, espere el Programa de Sellador Escolar de MN de 2 a 6 semanas para procesar toda la documentación una vez que se complete el programa. Le enviaremos un correo electrónico en 2-6 semanas con los resultados del examen de salud bucal de su estudiante, qué procedimientos se completaron y recomendaciones para la atención de seguimiento con un dentista. Si desea más información sobre este programa, visite [www.schoolsealants.com](http://www.schoolsealants.com).

# Formulario de consentimiento del programa dental escolar

## Información del niño

Nombre del niño \_\_\_\_\_

Apellido del niño \_\_\_\_\_

Fecha de nacimiento del niño \_\_\_\_\_

Escuela \_\_\_\_\_

Maestro \_\_\_\_\_

Raza para los informes de MDH \_\_\_\_\_

Grado \_\_\_\_\_ Tiempo desde la última vez que el niño vio a un dentista \_\_\_\_\_

☐ Mi hijo tiene una alergia conocida al acrilato de metilo y no puede tener selladores

☐ Mi hijo tiene un Plan de educación individualizado (IEP) o necesidades especiales de salud para los informes de MDH

## Información de contacto

Nombre del padre / tutor \_\_\_\_\_

Número de teléfono \_\_\_\_\_

Correo electrónico \_\_\_\_\_

Dirección de casa \_\_\_\_\_

Línea de dirección 2 \_\_\_\_\_

Ciudad \_\_\_\_\_ Estado \_\_\_\_\_ Código postal \_\_\_\_\_

## Apruebo los siguientes tratamientos dentales para mi hijo:

☐ **Selladores:** la mejor manera de prevenir las caries en las ranuras de los dientes posteriores.

\* Se pueden colocar hasta cuatro selladores en molares permanentes erupcionados que aún no tienen selladores

\* Se puede realizar una verificación de retención del sellador en una fecha posterior en la escuela y el sellador se volverá a aplicar sin costo si es necesario

☐ **Barniz de flúor** - un impulso de refuerzo para proteger los dientes

☐ **Limpieza** : ayuda a que los dientes se mantengan limpios y de un blanco brillante

El Programa de Sellador Escolar de Minnesota recomienda los tres tratamientos para una salud bucal óptima.

☐ Mi hijo tiene seguro dental. Estos servicios preventivos se facturan a su seguro y se proporcionan SIN COSTO PARA USTED.

Nombre del titular de la póliza \_\_\_\_\_ Número de grupo \_\_\_\_\_

Fecha de nacimiento del titular de la póliza \_\_\_\_\_ Empleador \_\_\_\_\_

Nombre de la compañía de seguros \_\_\_\_\_

Número de teléfono del seguro \_\_\_\_\_ PMI # \_\_\_\_\_

Número de identificación del seguro \_\_\_\_\_

Dirección de facturación del seguro \_\_\_\_\_

Ciudad \_\_\_\_\_ Estado \_\_\_\_\_ Código postal \_\_\_\_\_

\* Esta sección debe COMPLETARSE COMPLETAMENTE para que su hijo esté elegible para recibir servicios. También puede adjuntar una copia escaneada del anverso y reverso de su tarjeta de seguro.

☐ Mi hijo no tiene seguro dental. Me gustaría que mi hijo reciba los servicios seleccionados a razón de \$25 por sellador (máximo de 4), \$25 por flúor y \$25 por limpieza.

**¡Ahorrar 70% de descuento en las tarifas regulares!**

Número de tarjeta de crédito \_\_\_\_\_

Vencimiento (MM / AA) \_\_\_\_\_ CSV (3 dígitos) \_\_\_\_\_

\* Se requiere una tarjeta de crédito en el archivo para poder prestar servicios en las escuelas. No se aceptan otros métodos de pago en este momento. Solo cobraremos a su tarjeta una vez que se completen los servicios. El cargo máximo sería de \$150 si se realizan cuatro selladores, flúor y una limpieza (un valor de \$ 500).

Nombre \_\_\_\_\_

Firma \_\_\_\_\_

Fecha \_\_\_\_\_

Solo marque una casilla



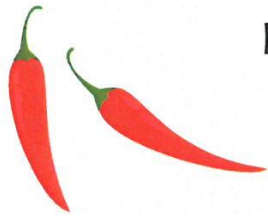


Ready Set School presents the  
**ANNUAL CHILI TASTING  
FUNDRAISER**

**FEBRUARY 9th**



**LUNCH 10:15 - 1 & DINNER 4:30 - 5:30**



**pick-up at Steak Shop catering  
301 E. Mark Street  
Winona, MN 55987**



**\$11/advance \$13/at door**

**Includes: 3 types of chili, a Bloedow's roll, a cookie, chili toppings, and utensils**

**ALL PROCEEDS BENEFIT READY SET SCHOOL'S MISSION TO SUPPLY  
WINONA COUNTY K-12 STUDENTS WITH THE SCHOOL SUPPLIES THEY  
NEED TO START EACH SCHOOL YEAR**

**order tickets online at [readysetschoolwinona.org/chili/](http://readysetschoolwinona.org/chili/)  
or in person at the downtown location of WNB Financial**





Join us for  
**Sibshops** at

# **Bowlocity**

## **Entertainment Center**

This is an event for kids (ages 6-12 years) who have a sibling living with chronic health, mental health, or developmental needs.

**Monday,  
February 19<sup>th</sup>  
9AM-3PM**

**Bowling  
Arcade  
Laser Tag**

**\$10 Registration  
(Scholarships  
available)**

**Pizza, soda &  
dessert will be  
provided.**

Questions? Email: [mavosibshop@mavo.edu](mailto:mavosibshop@mavo.edu)





Please complete the registration form below for your child(ren) (ages 6-12 years) to participate in Sibshops at Bowlocity on Monday, February 19, 2024.

Drop-off: 9:00 am, Pick-up: 3:00 pm

**Registration forms must be postmarked by Friday, February 2<sup>nd</sup>, 2024.**

**Participant(s) Information:**

Name of participant: \_\_\_\_\_ Birthdate (m/d/y): \_\_\_\_\_ Age: \_\_\_\_\_

Name of participant: \_\_\_\_\_ Birthdate (m/d/y): \_\_\_\_\_ Age: \_\_\_\_\_

Has your child(ren) ever attended a Sibshops Event? ☐ Yes ☐ No

Does your enrolled child(ren) have any allergies, limitations, or other health restrictions that we should know about? \_\_\_\_\_

**Caregiver(s) Information:**

Name of parent(s)/caregiver(s): \_\_\_\_\_

Home address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

Name of sibling with chronic health, mental health, or developmental needs: \_\_\_\_\_

Name or description of health concern: \_\_\_\_\_ Age: \_\_\_\_\_

*I hereby give my child permission to participate in Sibshops. I also agree to hold Sibshops harmless for any and all liability incurred as a result of my child's participation. Further, I grant full permission to use any photographs, videotapes, recordings, or any other record of this program for the purpose of education and promotion of Sibshops.*

Signature of parent or guardian: \_\_\_\_\_ Date: \_\_\_\_\_

☐ \$10 registration fee enclosed/has been sent in the mail to the address listed below

☐ \$10 scholarship is requested

**Please mail the registration form & payment (checks are the preferred form of payment) to:**

Mayo Clinic Sibshops  
Child Life Program  
1216 2<sup>nd</sup> St. SW  
Rochester, MN 55902

**Questions? Contact us at: [mayosibshop@mayo.edu](mailto:mayosibshop@mayo.edu)**



girl scouts  
river valleys

FIND YOUR  
**Friends**

FIND YOUR  
**Fun**



**With Girl Scouts, kids can thrive—**  
making new friends, learning new skills, and  
experiencing new things as they grow into their  
strongest, kindest, and most authentic selves.

**Grades K-1 can join for free through March 31, 2024!**  
Use code 477WINTER2024 when you register.



Learn more at  
[gsrv.gs/join](https://gsrv.gs/join)

Girl Scouts River Valleys | [GirlScoutsRV.org/Join](https://GirlScoutsRV.org/Join) | 800-845-0787 | [girlscouts@girlscoutsrv.org](mailto:girlscouts@girlscoutsrv.org)



girl scouts  
river valleys

ENCUENTRA  
**Amistades**

ENCUENTRA TU  
**Diversión**



**Con las Girl Scouts, la niñez puede prosperar:**  
hacer nuevas amistades, aprender nuevas habilidades y  
experimentar cosas nuevas a medida que se convierten  
en su versión más fuerte, amable y auténtica.

**¡Los grados K-1 pueden unirse gratis hasta el 31 de  
marzo de 2024!**

Usa el código 477WINTER2024 cuando te registres.



Más información  
en [gsrv.gs/unete](https://gsrv.gs/unete)





**SAVE THE DATE**

# YMCA DAY CAMP OXBOW REGISTRATION

REGISTER JANUARY 23RD, 2024 FOR THE  
2024 CAMP SEASON!

DATES: JUNE 10TH- AUGUST 16TH

Wee Backpackers: entering Kindergarten  
Traditional Camp: entering 1st-6th Grade  
Leaders in Training: entering 7th-9th Grade



Questions? Contact Nicole Weninger  
[nicole.weninger@ymcamn.org](mailto:nicole.weninger@ymcamn.org)





# **GAMBLERS**

## FASTPITCH

**<http://www.gamblerssoftball.org/>**

**<http://www.facebook.com/GamblersFastpitch/>**

**Gamblers provides an opportunity for area youth to experience fast pitch softball in a tournament atmosphere. To teach them the skills needed to play in a more competitive environment.**

**Athletes who choose to join will be playing games on 5-6 weekends this summer. We ask that you make every effort to attend as much as possible.**

**Practice is a major part of success. Practices will begin in April and will run through July. The nights and times will be based on the coaches' schedule and field availability.**

**Registration for the 2024 season can be completed online at <https://www.gamblerssoftball.org/signup>**

**February 15th is the deadline any registrations after February 1st will be assessed a \$25 late fee and enrollment is not guaranteed!**

**Scholarships are available.**

**Please contact Adam Gust if your daughter is in need of one.**

**507-272-0375 or [thegusts654@yahoo.com](mailto:thegusts654@yahoo.com)**





## Breakfast Menu

Jan 2024

Lewiston-Altura - Lewiston-Altura - K-8th Grade

### Monday

1 No School

### Tuesday

2 Offering #1  
Cereal Bowl  
String cheese  
Juice Assorted  
Oranges  
1% Flavored  
1% White  
Skim White

Offering #2  
Pancake on a Stick  
Juice Assorted  
Oranges  
1% Flavored  
1% White  
Skim White

3 Offering #1  
Cereal Bowl  
Yogurt\*  
Applesauce  
Juice Assorted  
1% Flavored  
1% White  
Skim White

Offering #2  
Breakfast Pizza  
Applesauce  
Juice Assorted  
1% Flavored  
1% White  
Skim White

4 Offering #1  
Cereal Bowl  
String cheese  
Juice Assorted  
Peaches  
1% Flavored  
1% White  
Skim White

### Thursday

5 Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Pineapple  
1% Flavored  
1% White  
Skim White

### Friday

Offering #2  
PB & J Sandwich  
Juice Assorted  
Pineapple  
1% Flavored  
1% White  
Skim White

### Monday

8 Offering #1  
Cereal Bowl  
Yogurt\*  
Apples  
Juice Assorted  
1% Flavored  
1% White  
Skim White

Offering #2  
Breakfast Burrito  
Apples  
Juice Assorted  
1% Flavored  
1% White  
Skim White

9 Offering #1  
Cereal Bowl  
String cheese  
Fruit Cocktail  
Juice Assorted  
1% Flavored  
1% White  
Skim White

Offering #2  
Fruited  
Fruit Cocktail  
Juice Assorted  
1% Flavored  
1% White  
Skim White

10 Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Mandarin Oranges  
1% Flavored  
1% White  
Skim White

Offering #2  
Breakfast Pizza  
Juice Assorted  
Mandarin Oranges  
1% Flavored  
1% White  
Skim White

11 Offering #1  
Cereal Bowl  
String cheese  
Juice Assorted  
Strawberries  
1% Flavored  
1% White  
Skim White

Offering #2  
Breakfast Walking Taco  
Juice Assorted  
Strawberries  
1% Flavored  
1% White  
Skim White

12 Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Raisins  
1% Flavored  
1% White  
Skim White

Offering #2  
Chef's Choice  
Juice Assorted  
Raisins  
1% Flavored  
1% White  
Skim White

15 Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Peaches  
1% Flavored  
1% White  
Skim White

Offering #2  
Mini Cornis  
Juice Assorted  
Peaches  
1% Flavored  
1% White  
Skim White

16 Offering #1  
Cereal Bowl  
String cheese  
Applesauce  
Juice Assorted  
1% Flavored  
1% White  
Skim White

Offering #2  
French Toast  
Applesauce  
Juice Assorted  
1% Flavored  
1% White  
Skim White

17 Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Peaches  
1% Flavored  
1% White  
Skim White

Offering #2  
Breakfast Pizza  
Juice Assorted  
Peaches  
1% Flavored  
1% White  
Skim White

18 Offering #1  
Cereal Bowl  
String cheese  
Juice Assorted  
Pears  
1% Flavored  
1% White  
Skim White

Offering #2  
Pancakes  
Juice Assorted  
Pears  
1% Flavored  
1% White  
Skim White

19 Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Fruit  
1% Flavored  
1% White  
Skim White

Offering #2  
Biscuit  
Sausage Gravy\*  
Juice Assorted  
Fruit  
1% Flavored  
1% White  
Skim White

22 Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Pears  
1% Flavored  
1% White  
Skim White

Offering #2  
Muffin  
Sausage Link\*  
Juice Assorted  
Pears  
1% Flavored  
1% White  
Skim White

23 Offering #1  
Cereal Bowl  
String cheese  
Juice Assorted  
Oranges  
1% Flavored  
1% White  
Skim White

Offering #2  
Pancake on a Stick  
Juice Assorted  
Oranges  
1% Flavored  
1% White  
Skim White

24 Offering #1  
Cereal Bowl  
Yogurt\*  
Applesauce  
Juice Assorted  
1% Flavored  
1% White  
Skim White

Offering #2  
Breakfast Pizza  
Applesauce  
Juice Assorted  
1% Flavored  
1% White  
Skim White

25 Offering #1  
Cereal Bowl  
String cheese  
Juice Assorted  
Peaches  
1% Flavored  
1% White  
Skim White

Offering #2  
Breakfast Sandwich  
Juice Assorted  
Peaches  
1% Flavored  
1% White  
Skim White

26 No School

29 Offering #1  
Cereal Bowl  
Yogurt\*  
Apples  
Juice Assorted  
1% Flavored  
1% White  
Skim White

Offering #2  
Breakfast Burrito  
Apples  
Juice Assorted  
1% Flavored  
1% White  
Skim White

30 Offering #1  
Cereal Bowl  
String cheese  
Fruit Cocktail  
Juice Assorted  
1% Flavored  
1% White  
Skim White

Offering #2  
Fruited  
Fruit Cocktail  
Juice Assorted  
1% Flavored  
1% White  
Skim White

31 Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Mandarin Oranges  
1% Flavored  
1% White  
Skim White

Offering #2  
Breakfast Pizza  
Juice Assorted  
Mandarin Oranges  
1% Flavored  
1% White  
Skim White

1

2





## Breakfast Menu

Feb 2024

Lewiston-Altura - Lewiston-Altura - K-8th Grade

### Monday

29

5

Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Mandarin Oranges  
1% Flavored  
1% White  
Skim White

Offering #2  
PB & J Sandwich  
Juice Assorted  
Mandarin Oranges  
1% Flavored  
1% White  
Skim White

6

Offering #1  
Cereal Bowl  
String cheese  
Applesauce  
Juice Assorted  
1% Flavored  
1% White  
Skim White

Offering #2  
French Toast  
Applesauce  
Juice Assorted  
1% Flavored  
1% White  
Skim White

7

Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Peaches  
1% Flavored  
1% White  
Skim White

Offering #2  
Breakfast Pizza  
Juice Assorted  
Peaches  
1% Flavored  
1% White  
Skim White

8

Offering #1  
Cereal Bowl  
String cheese  
Juice Assorted  
Pears  
1% Flavored  
1% White  
Skim White

Offering #2  
Pancakes  
Juice Assorted  
Pears  
1% Flavored  
1% White  
Skim White

9

Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Pineapple  
1% Flavored  
1% White  
Skim White

Offering #2  
Chef's Choice  
Juice Assorted  
Pineapple  
1% Flavored  
1% White  
Skim White

12

Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Pears  
1% Flavored  
1% White  
Skim White

Offering #2  
Muffin  
Sausage Link\*  
Juice Assorted  
Pears  
1% Flavored  
1% White  
Skim White

13

No School

14

Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
1% Flavored  
1% White  
Skim White

Offering #2  
Breakfast Pizza  
Applesauce  
Juice Assorted  
1% Flavored  
1% White  
Skim White

15

Offering #1  
Cereal Bowl  
String cheese  
Juice Assorted  
Peaches  
1% Flavored  
1% White  
Skim White

Offering #2  
Croissant  
Egg Patty\*  
Juice Assorted  
Peaches  
1% Flavored  
1% White  
Skim White

16

Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Pineapple  
1% Flavored  
1% White  
Skim White

Offering #2  
English Muffin  
Sausage Patty\*  
Juice Assorted  
Pineapple  
1% Flavored  
1% White  
Skim White

19

No School

20

Offering #1  
Cereal Bowl  
String cheese  
Fruit Cocktail  
Juice Assorted  
1% Flavored  
1% White  
Skim White

Offering #2  
Sausage Link\*  
Waffle  
Fruit Cocktail  
Juice Assorted  
1% Flavored  
1% White  
Skim White

21

Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Mandarin Oranges  
1% Flavored  
1% White  
Skim White

Offering #2  
Breakfast Pizza  
Juice Assorted  
Mandarin Oranges  
1% Flavored  
1% White  
Skim White

22

Offering #1  
Cereal Bowl  
String cheese  
Juice Assorted  
Strawberries  
1% Flavored  
1% White  
Skim White

Offering #2  
Breakfast Walking Taco  
Juice Assorted  
Strawberries  
1% Flavored  
1% White  
Skim White

23

Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Raisins  
1% Flavored  
1% White  
Skim White

Offering #2  
Egg Scrambled\*  
Sausage Patty\*  
Juice Assorted  
Raisins  
1% Flavored  
1% White  
Skim White

26

Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Oranges  
1% Flavored  
1% White  
Skim White

Offering #2  
Mini Cinnits  
Juice Assorted  
Oranges  
1% Flavored  
1% White  
Skim White

27

Offering #1  
Cereal Bowl  
String cheese  
Applesauce  
Juice Assorted  
1% Flavored  
1% White  
Skim White

Offering #2  
French Toast Sticks  
Applesauce  
Juice Assorted  
1% Flavored  
1% White  
Skim White

28

Offering #1  
Cereal Bowl  
Yogurt\*  
Juice Assorted  
Peaches  
1% Flavored  
1% White  
Skim White

Offering #2  
Breakfast Pizza  
Juice Assorted  
Peaches  
1% Flavored  
1% White  
Skim White

29

Offering #1  
Cereal Bowl  
String cheese  
Juice Assorted  
Pears  
1% Flavored  
1% White  
Skim White

Offering #2  
Pancakes  
Juice Assorted  
Pears  
1% Flavored  
1% White  
Skim White

1



- 2024 -

# FEBRUARY

FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

## K-12 Lew-Alt Lunch Menu

Please understand due to distribution

and snow days:

Menus are subject to change without Notice.

Productions records will show the changes.

Milk offered:

1%

1% Chocolate

Skim

Lactose free upon written request

Students have a choice of one milk.

Students will be charged extra for more than one or if they bring a cold lunch. One milk is free only with a full meal.

All grain products are whole grain.

Such as: breads, pastas, buns, chips, Waffles, French toast, pizza crust and Breading's.

Serving sizes and items will vary by age group. Productions records will show this change.

Calorie limit for K-8 = 600-700

Calorie limit for 9-12 = 750-850

2 Spaghetti w/Meat sauce  
Garlic Toast  
Salad Bar  
Fruit Bar  
Milk

1 Sweet & Sour Chicken  
Garlic Brown Rice  
Salad Bar  
Fruit Bar  
Milk

9 French Toast  
Sausage links  
Salad Bar  
Fruit Bar  
Milk

8 Mini Corn Dogs  
Chips  
Salad Bar  
Fruit Bar  
Milk

16 Beef Hot Dog w/bun  
Chips  
Salad Bar  
Fruit Bar  
Milk

15 Crunchy Chicken  
Tender Wrap  
Tortilla shell  
Salad Bar  
Fruit Bar  
Milk

23 Chicken & Waffles  
Salad Bar  
Fruit Bar  
Milk

22 Beef Stroganoff  
Dinner Roll  
Penne Pasta  
Salad Bar  
Fruit Bar  
Milk

29 Calzone  
Salad Bar  
Fruit Bar  
Milk

7 Ravioli in Red Sauce  
Salad Bar  
Fruit Bar  
Milk

6 Pasta Bar  
Garlic Brown rice  
Dinner roll  
Salad Bar  
Fruit Bar  
Milk

14 Popcorn Chicken  
Dinner Roll  
Salad Bar  
Fruit Bar  
Milk

13 No School

21 BBQ Chicken w/bun  
Salad Bar  
Fruit Bar  
Milk

20 Pizza  
Salad Bar  
Fruit Bar  
Milk

28 Pizza Burger w/bun  
Marinara Sauce  
Shredded Mozzarella  
Salad Bar  
Fruit Bar  
Milk

27 Beef Nacho's  
Round Tortilla chips  
Shredded Cheese  
Salad Bar  
Fruit Bar  
Milk

12 Chicken Patty w/bun  
Mashed potatoes  
Salad Bar  
Fruit Bar  
Milk

19 No School

26 Meatballs  
Mashed Potatoes  
Fresh Bread  
Salad Bar  
Fruit Bar  
Milk

This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.



- 2024 -

# JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## K-12 Lunch Menu

Please understand due to distribution, and snow days:

Menus are subject to change without Notice.

Productions records will show the changes.

Milk offered:

1%

1% Chocolate

Skim

Lactose free upon written request

Students have a choice of one milk. Students will be charged extra for more than one or if they bring a cold lunch. One milk is free only with a full meal.

All grain products are whole grain. Such as: breads, pastas, buns, chips, Waffles, French toast, pizza crust and Breading's.

Serving sizes and items will vary by age group. Productions records will show this change.

Calorie limit for K-8 = 600-700

Calorie limit for 9-12 = 750-850

1

No School

2

Pasta Bar  
Garlic Brown rice  
Dinner roll  
Fruit Bar  
Milk

3

Ravioli in Red Sauce  
Salad Bar  
Fruit Bar  
Milk

4

Mini Corn Dogs  
Chips  
Salad Bar  
Fruit Bar  
Milk

5

French Toast  
Sausage links  
Salad Bar  
Fruit Bar  
Milk

8

Chicken Patty w/bun  
Mashed potatoes  
Salad Bar  
Fruit Bar  
Milk

9

Walking Beef Taco  
Shredded Cheese  
Chips  
Salad Bar  
Fruit Bar  
Milk

10

Popcorn Chicken  
Dinner Roll  
Salad Bar  
Fruit Bar  
Milk

11

Crunchy Chicken  
Tender Wrap  
Tortilla shell  
Salad Bar  
Fruit Bar  
Milk

12

Beef Hot Dog w/bun  
Chips  
Salad Bar  
Fruit Bar  
Milk

15

Pizza  
Salad Bar  
Fruit Bar  
Milk

16

BBQ Chicken w/bun  
Salad Bar  
Fruit Bar  
Milk

17

Sloppy Joe Mac  
Goulash meat and  
Elbow Macaroni  
Salad Bar  
Fruit Bar  
Milk

18

Beef Stroganoff  
Dinner Roll  
Penne Pasta  
Salad Bar  
Fruit Bar  
Milk

19

Chicken & Waffles  
Salad Bar  
Fruit Bar  
Milk

22

Meatballs  
Mashed Potatoes  
Fresh Bread  
Salad Bar  
Fruit Bar  
Milk

23

Beef Nacho's  
Round Tortilla chips  
Shredded Cheese  
Salad Bar  
Fruit Bar  
Milk

24

Pizza Burger w/bun  
Marinara Sauce  
Shredded Mozzarella  
Salad Bar  
Fruit Bar  
Milk

25

Calzone  
Salad Bar  
Fruit Bar  
Milk

26

No School

29

Chicken Nuggets  
Mashed Potatoes  
Dinner roll  
Salad Bar  
Fruit Bar  
Milk

30

Sloppy Joe's w/bun  
Chips  
Salad Bar  
Fruit Bar  
Milk

31

Meatball Sub  
Marinara Sauce  
Salad Bar  
Fruit Bar  
Milk



This information is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.