

# Lewiston-Altura Schools

## Cardinal Newsletter

VOL. XXXV Issue 7

October 27, 2023

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

### Menu Changes

Oct. 31 – Cheese Quesadilla  
Nov. 9 – Chicken Fajitas

### Upcoming Events

Nov. 7 – Election Day  
Nov. 9 – Last Day of 1<sup>st</sup> Quarter  
Nov. 9 – Veterans Day Program, High School  
Nov. 10 – No School for Students  
Nov. 11 – Veterans Day  
Nov. 11 – MMAM Seasonal Saturday, 10-5:00  
Nov. 13 – Hearing & Vision Screening (K,1,2,4)

### Early Childhood Family Education

Early Childhood Family Classes started on September 19<sup>th</sup>. This first session through Nov 14<sup>th</sup> is non-separating, parents are expected to stay in the room with their children. We will have three nine-week sessions throughout the school year and one special three-week session in December. You may still join, register and meet other families.

### 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.



### Veterans Day Program

The theme for Veterans Day 2023 is “Service.” Veterans are **proud** of their military service in **defending** our **Nation**. **Honor** reflects the military **value** and **tradition** of answering the call to duty. There is distinct honor in **serving** to protect our way of life and the **Constitution** of the United States of America.

This year 3<sup>rd</sup>-5<sup>th</sup> grade will be singing under the direction of Mr. Harper at the program on November 9<sup>th</sup>. Ms. Sula’s Language Arts 5<sup>th</sup> grade class will be doing a poem contest and the top three will be read by the students at the program. The program will run from 10:30-11:30 at the Lewiston Altura High School Gymnasium. All Veterans and their families are encouraged to attend and stay for a free lunch after the conclusion of the program (only Veterans and their families receive the meal for free) Any questions can be directed toward Mr. Scheck at [escheck@lewalt.k12.mn.us](mailto:escheck@lewalt.k12.mn.us)

### School Pictures are Ready!

View and order at <https://shop.jostenspix.com/login>

- Lewiston Altura Elementary School
- Event Code: FE147423



### Orange Tuesdays

Wear and share orange. We are

wearing orange to show that we are together against bullying and united for kindness.



Principal: Mr. Dave Riebel  
Phone (507) 523-2191  
Fax (507) 523-2609



Winona County families who meet the eligibility requirements can receive a \$50 voucher for each student enrolled in PreK-8<sup>th</sup> grade.

### **P.L.A.Y. Group**

P.L.A.Y. Group is looking for volunteers to bring in food for conference meals Nov. 14 & 16. This service is greatly appreciated by the staff as there is little time between the end of school and the start of conferences. This gives them a chance to eat and be ready to visit with you as parents. The sign up genius link is attached. I did put in the sign up to have meals to the school by 3 pm but if needed could drop off in the morning and let the office know.

<https://www.signupgenius.com/go/70A0C4DAEA82CA0FD0-conferences1#/>

It's that time of year again! Applications for assistance from the Winona Goodfellows, a program that has provided Winona-area children with warm winter clothing for more than 100 years, is open at [winonagoodfellows.org](http://winonagoodfellows.org).

## **Lego Club**

Lego Club is a group that is partially funded by the Mark Morris Foundations.  
COST: \$5

At Lego Club, students will be given the opportunity to build, explore, and have fun with Lego! Bring an after school snack and your imagination!

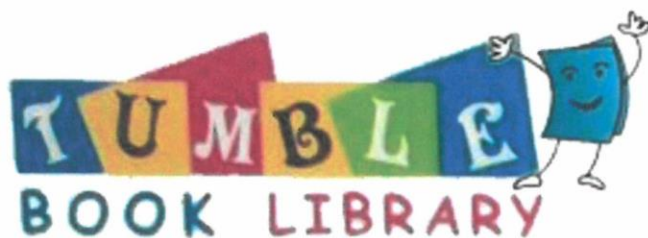
**Grades 4-6:** Four Wednesdays- October 25- Nov 15 from 3:00-4:15

**Grades K-3:** Three Wednesdays- November 22- Dec 6 3:00-4:15

Go to link to register

**Lego Club**

<https://forms.gle/d86CB19XoyVqhsxT7>



## Dear Parents!

Our **School** has a subscription to **TumbleBookLibrary**, and your family can access it from home! It's **unlimited**, and it's **FREE** for you to use from home!

**TumbleBookLibrary** is an online collection of **e-books** for children. They are a great way to encourage tech-savvy kids to enjoy reading!

There are **over 250** animated, talking picture books! The site also features Spanish and French books, read-along chapter books, non-fiction books, quizzes, and exciting games and puzzles!

We hope that you will get the chance to check out the collections with your child! Below is all the information you'll need to login to the collection:



[www.TumbleBookLibrary.com](http://www.TumbleBookLibrary.com)

Username: la cardinals

Password: books

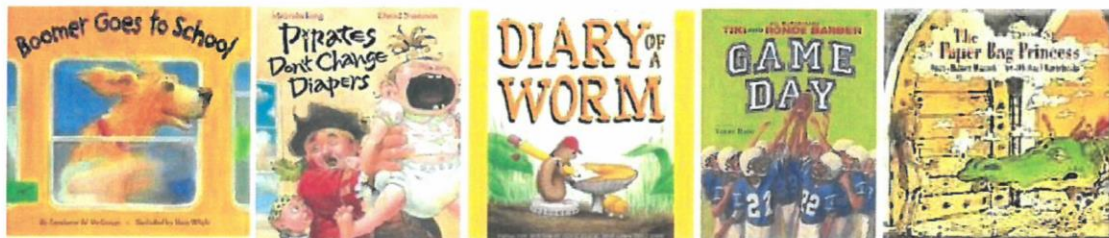
Or visit our website for instant access:

[www.lewalt.k12.mn.us](http://www.lewalt.k12.mn.us)

Student resources → media centers → Elementary library

You can use your computer, tablet, or mobile phone! All you need is an internet connection. There are no downloads: books are streamed right to your device at the click of a button.

**Happy Tumbling, everyone!**





Join us at the  
Minnesota Marine Art Museum

# Seasonal Saturdays at MMAM

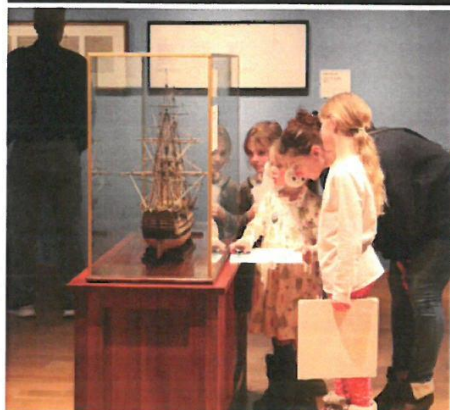
## THE BIG CATCH



**November 11 / 10am-5pm**

\$1 Admission / Free Admission for all Veterans / Free for children Under 5  
Tours / Art-Making / Artist Demo / Bingo for a Prize / Live Music

800 Riverview Drive, Winona, Minnesota / 507.474.6626 / [mmam.org](http://mmam.org)



Ride free to MMAM with Winona Transit Service's Dial-a-Ride. Call (507) 454-6666 to schedule your ride.

Interpreters Available: Hmong & Spanish Interpreters from Project FINE [10am-1pm].

Interpretes disponibles de: Hmong & Español de Project FINE [10am-1pm].

Muaj Neeg Txhais lus: Hmoob & Mev Tus Txhais Lus los ntawm Project FINE [10am-1pm].



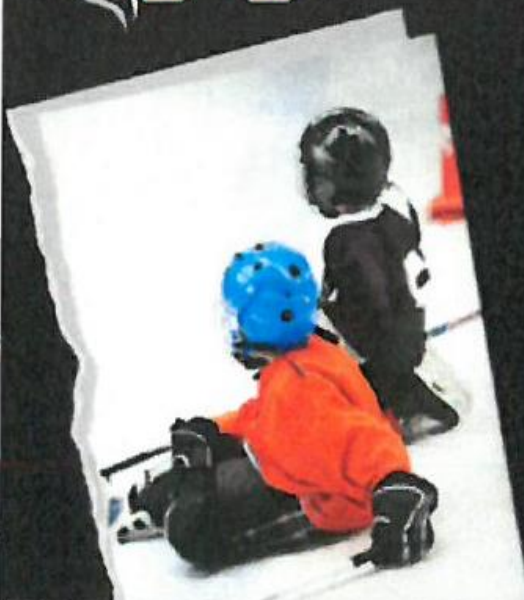
This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.





## UPCOMING EVENTS TO

# TRY HOCKEY FOR FREE



### OCTOBER 7

Bud King Ice Arena

9:00 AM - 10:00 AM

### GIRLS TRY HOCKEY FOR FREE

- Girls Ages 4-9
- No Experience Necessary
- Equipment Provided
- Safe Environment with Trained Coaches
- Register @ [https://www.tryhockeyforfree.com/event\\_detail/2114](https://www.tryhockeyforfree.com/event_detail/2114)

### NOVEMBER 11

Bud King Ice Arena

12:00 PM - 1:00 PM

### TRY HOCKEY FOR FREE

- All Kids Ages 4-9
- No Experience Necessary
- Equipment Provided
- Safe Environment with Trained Coaches
- Register @ [https://www.tryhockeyforfree.com/event\\_detail/2115](https://www.tryhockeyforfree.com/event_detail/2115)

## MORE INFORMATION

Nick Henderson  
[tournaments@winonahockey.com](mailto:tournaments@winonahockey.com)  
(507) 313-2682





## Breakfast Menu

Nov 2023

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

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

30

31

6	Offering #1 Cereal Bowl Yogurt*	Offering #2 Mini Cinns Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White
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7	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
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13	Offering #1 Cereal Bowl Yogurt*	Offering #2 Muffin Sausage Link* Juice Assorted Pears 1% Flavored 1% White Skim White
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20	Offering #1 Cereal Bowl Yogurt*	Offering #2 Breakfast Burrito Apples Juice Assorted 1% Flavored 1% White Skim White
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27	Offering #1 Cereal Bowl Yogurt*	Offering #2 Mini Cinns Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White
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1	Offering #1 Cereal Bowl Yogurt*	Offering #2 Breakfast Pizza Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White
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8	Offering #1 Cereal Bowl Yogurt*	Offering #2 Breakfast Pizza Juice Assorted Peaches 1% Flavored 1% White Skim White
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15	Offering #1 Cereal Bowl Yogurt*	Offering #2 Breakfast Pizza Applesauce Juice Assorted 1% Flavored 1% White Skim White
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22	Offering #1 Cereal Bowl Yogurt*	Offering #2 Breakfast Pizza Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White
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29	Offering #1 Cereal Bowl Yogurt*	Offering #2 Breakfast Pizza Juice Assorted Peaches 1% Flavored 1% White Skim White
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2	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
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9	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
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16	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
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23	No School	No School
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30	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
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3	Offering #1 Cereal Bowl Yogurt*	Offering #2 Egg Scrambled* Sausage Patty* Juice Assorted Raisins 1% Flavored 1% White Skim White
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10	No School	No School
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17	Offering #1 Cereal Bowl Yogurt*	Offering #2 English Muffin Sausage Patty* Juice Assorted Pineapple 1% Flavored 1% White Skim White
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24	No School	No School
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1	No School	No School
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# Breakfast Menu

Oct 2023

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

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Offering #1 Cereal Bowl Yogurt* Juice Assorted Pears 1% Flavored 1% White Skim White	3	Offering #1 Cereal Bowl String cheese Juice Assorted Oranges 1% Flavored 1% White Skim White	4	Offering #1 Cereal Bowl Yogurt* Applesauce Juice Assorted 1% Flavored 1% White Skim White	5	Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% Flavored 1% White Skim White	6	Offering #1 Cereal Bowl Yogurt* Juice Assorted Pineapple 1% Flavored 1% White Skim White
9	Offering #1 Cereal Bowl Yogurt* Apples Juice Assorted 1% Flavored 1% White Skim White	10	Offering #1 Cereal Bowl String cheese Fruit Cocktail Juice Assorted 1% Flavored 1% White Skim White	11	Offering #1 Cereal Bowl Yogurt* Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White	12	Offering #1 Cereal Bar String cheese Juice Assorted Strawberries 1% Flavored 1% White Skim White	13	Offering #1 Cereal Bowl Yogurt* Juice Assorted Raisins 1% Flavored 1% White Skim White
16	Offering #1 Cereal Bowl Yogurt* Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White	17	Offering #1 Cereal Bowl String cheese Applesauce Juice Assorted 1% Flavored 1% White Skim White	18	No School	19	No School	20	No School
23	Offering #1 Cereal Bowl Yogurt* Juice Assorted Pears 1% Flavored 1% White Skim White	24	Offering #1 Cereal Bowl String cheese Juice Assorted Oranges 1% Flavored 1% White Skim White	25	Offering #1 Cereal Bowl Yogurt* Applesauce Juice Assorted 1% Flavored 1% White Skim White	26	Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% Flavored 1% White Skim White	27	Offering #1 Cereal Bowl Yogurt* Juice Assorted Pineapple 1% Flavored 1% White Skim White
30	Offering #1 Cereal Bowl Yogurt* Apples Juice Assorted 1% Flavored 1% White Skim White	31	Offering #1 Cereal Bowl String cheese Fruit Cocktail Juice Assorted 1% Flavored 1% White Skim White	1	Offering #1 Cereal Bowl String cheese Fruit Cocktail Juice Assorted 1% Flavored 1% White Skim White	2	Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% Flavored 1% White Skim White	3	Offering #1 Cereal Bowl String cheese Juice Assorted Pineapple 1% Flavored 1% White Skim White

-2023-

# NOVEMBER

## 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

6

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

7

Walking Beef Taco  
Shredded Cheese  
Chips  
Salad Bar  
Fruit Bar  
Milk

13

Pizza  
Salad Bar  
Fruit Bar  
Milk

14

BBQ Chicken w/bun  
Salad Bar  
Fruit Bar  
Milk

20

Meatballs  
Mashed Potatoes  
Fresh Bread  
Salad Bar  
Fruit Bar  
Milk

21

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

27

Chicken Nuggets  
Mashed Potatoes  
Dinner roll  
Salad Bar  
Fruit Bar  
Milk

28

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

1

Ravioli in Red Sauce  
Salad Bar  
Fruit Bar  
Milk

2

Mini Corn Dogs  
Chips  
Salad Bar  
Fruit Bar  
Milk

8

Popcorn Chicken  
Dinner Roll  
Salad Bar  
Fruit Bar  
Milk

9

Crunchy Chicken  
Tender Wrap  
Tortilla shell  
Salad Bar  
Fruit Bar  
Milk

15

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

16

Beef Stroganoff  
Dinner Roll  
Penne Pasta  
Salad Bar  
Fruit Bar  
Milk

22

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

23

No  
School

29

Meatball Sub  
Marinara Sauce  
Salad Bar  
Fruit Bar  
Milk

30

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

10

No  
School

17

Chicken & Waffles  
Salad Bar  
Fruit Bar  
Milk

24

No  
School



- 2023 -

# OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## 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	Chicken Patty w/bun Mashed potatoes Salad Bar Fruit Bar Milk	3	Walking Beef Taco Shredded Cheese Chips Salad Bar Fruit Bar Milk	4	Popcorn Chicken Dinner Roll Salad Bar Fruit Bar Milk	5	Crunchy Chicken Tender Wrap Tortilla shell Salad Bar Fruit Bar Milk	6	Beef Hot Dog w/bun Chips Salad Bar Fruit Bar Milk
9	Pizza Salad Bar Fruit Bar Milk	10	BBQ Chicken w/bun Salad Bar Fruit Bar Milk	11	Sloppy Joe Mac Goulash meat and Elbow Macaroni Salad Bar Fruit Bar Milk	12	Beef Stroganoff Dinner Roll Penne Pasta Salad Bar Fruit Bar Milk	13	Chicken & Waffles Salad Bar Fruit Bar Milk
16	Meatballs Mashed Potatoes Fresh Bread Salad Bar Fruit Bar Milk	17	Beef Nacho's Round Tortilla chips Shredded Cheese Salad Bar Fruit Bar Milk	18	No School	19	No School	20	No School
23	Chicken Nuggets Mashed Potatoes Dinner roll Salad Bar Fruit Bar Milk	24	Sloppy Joe's w/bun Chips Salad Bar Fruit Bar Milk	25	Meatball Sub Marinara Sauce Salad Bar Fruit Bar Milk	26	Sweet & Sour Chicken Garlic Brown Rice Salad Bar Fruit Bar Milk	27	Spaghetti w/Meat sauce Garlic Toast 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.