

Lewiston-Altura Schools

Cardinal Newsletter

VOL. XXXV Issue 11

November 22, 2023

Visit our Website at www.lewalt.k12.mn.us

Mr. Riebel's Report

School Board Workshop Session – Monday, November 27

The results of the November 7 special election brings the school district to a point of determining next steps. The Lewiston-Altura School Board will hold a Workshop Session (meaning they will receive information and input but no Board action will be taken) on Monday, November 27th at 6:00pm in the High School library. The purpose of the meeting is to relay the financial information of the district for the upcoming school year and beyond. Superintendent Carman will present potential areas for reducing district expenditures and for increasing revenues to help achieve a balanced budget. The board will also consider possibilities for having or not having a future election for operating levy and/or facility building bond referendum.

The meeting will also include time for public input from the audience to share thoughts, ideas and recommendations for the board to consider. Whether you voted “yes” or voted “no” in the November 7th election, please attend this important meeting.

P.L.A.Y. Group Meeting cancelled for Monday, November 27

In order for parents and staff members to be able to attend the Workshop Session, the November meeting of the P.L.A.Y. Group has been cancelled for Monday, November 27. With the fourth Monday of December falling during the no-school Holiday break, the next P.L.A.Y. Group meeting is scheduled for Monday, January 22nd at 6:30pm in the Elementary School library. Please mark your calendars and thank you for your understanding.

10 Days of Giving Food Drive

The 35th Annual “10 Days of Giving” Food Drive will again be conducted during the first 10 days of December. This annual event throughout Winona County, coordinated by Merchants Bank, is set up in hopes of generating nonperishable food items to stock our county's food shelves.

The Elementary School will collect nonperishables on Fri., Dec. 1 and Mon.-Fri., Dec. 4-8.

Merchants Bank would like to emphasize that monetary donations can generate greater buying power due to the connections that the food bank has with vendors. Students and parents can send or drop off monetary donations at the school office. Please make checks out to 10 Days of Giving. Your family's participation will be greatly appreciated! Thank you for helping.

Principal: Mr. Dave Riebel

Phone (507) 523-2191

Fax (507) 523-2609

Lewiston-Altura Community Sharing Tree

The Lewiston and Altura communities come together each Holiday season to offer assistance to families who could use a little extra help for the holidays. An effort is being made to centralize and to connect families in need with families able to help.

The Lewiston-Altura Sharing Tree is open to families living in the Lewiston and Altura communities, or families with children attending L–A public and parochial schools. The Sharing Tree will be for students only.

If you have a need:

If you would like your family to receive food or gifts before the Christmas holiday, sign up by visiting the Sharing Tree site, clicking the link during the activation window of time and providing the requested information.

The link will be activated from Monday, Nov. 13 through Friday, Dec. 1.

<https://sites.google.com/view/lasharingtree/home>

If you would like to donate:

If you, your family or business are interested in helping those in need by donating during this holiday season, please visit the Sharing Tree site, scroll down to the Donations section, click the link and complete the information. Someone will be able to connect you to those in need. THANK YOU for your generosity!

<https://sites.google.com/view/lasharingtree/home>

Happy Holidays!

Mr. Riebel

Thanksgiving

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.



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.

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



Upcoming Events

Nov. 23-24 – Thanksgiving, No School
Nov. 27 – P.L.A.Y Mtg Cancelled
Nov. 27 – School Brd Open Session 6:00
Dec. 1 – Sharing Tree Closes
Dec. 1-10 – 10 Days of Giving
Dec. 5 – Toys for Tots Registration Due
Dec. 13 – No School for Students, Workshop
Dec. 25-Jan. 1 – No School
Jan. 22 – P.L.A.Y Meeting, 6:30, Elem.

Apply now! winonagoodfellows.org

L-A Boys and Girls Basketball Presents...



Future Cards Basketball!

BOYS AND GIRLS



Kindergarten-2nd Grade



at L-A Elementary School

**Register
by 12/1
and get a
T-Shirt!**

9:00am-
10:15am

**Opportunity to play at
halftime of a varsity game!**

\$50

Register at: <https://forms.gle/MvCm8scKVrxP3G6N6>

Saturday, December 2nd

Saturday, December 9th

Saturday, December 16th

Saturday, December 30th

Saturday, January 6th

Saturday, January 13th

Saturday, January 20th (4:00-5:15)

Saturday, January 27th

Sessions will consist of skill development, learning the game, team play, games, and having fun! It will be led by Lewiston-Altura boys and/or girls program coaches and players.

Questions? Email Coach Barnes (sbarnes@lewalt.k12.mn.us)
or Coach VanderPlas (mvandern@lewalt.k12.mn.us)



The U.S. Marine Corps in conjunction with Lewiston-Altura Fellowship of Christian Athletes (FCA) is once again bringing toys and hope to families in need at Christmas. Please note the change in day, time and location from previous years. The distribution of the toys will be:

Saturday, December 9, 2023 from 3:00-6:00 pm

**St. Rose Church
180 Fremont Street
Lewiston, MN**

If you are in need of toys for your children, please complete the form below and return it to school by December 7th. If you have registered on-line please indicate so on the form so that duplicates can be avoided.

.....

Registration Form

Return to School by December 5, 2023.

Father _____ Address _____ Phone _____

Mother _____ Address _____ Phone _____

Guardian _____ Address _____ Phone _____

Child 1 Age _____ Sex _____ Name _____

Child 2 Age _____ Sex _____ Name _____

Child 3 Age _____ Sex _____ Name _____

Child 4 Age _____ Sex _____ Name _____

Child 5 Age _____ Sex _____ Name _____

Child 6 Age _____ Sex _____ Name _____

(Additional Children on back)

Please bring your own bag(s) to take the toys home in.



El cuerpo de Marines de Estados Unidos en conjunto con Altura de Lewiston beca del cristiano atletas (FCA) es una vez más traer juguetes y esperanza a las familias necesitadas en Navidad. Tenga en cuenta el cambio de día, hora y lugar de años anteriores. La distribución de los juguetes será:

Sábado, 9 de Diciembre de 3:00-6:00 pm

St. Rose Church

180 Fremont St

Lewiston, MN

Si usted está necesitando juguetes para sus hijos, por favor complete el siguiente formulario y volver a la escuela por diciembre 7th.

Si se han registrado on-line por favor indicarlo en el formulario para que se puedan evitar duplicados.

Formulario de inscripción

Regreso a la escuela antes del 4 de diciembre de 2023.

Padre _____ Direccion _____ Telefono _____

Madre _____ Direccion _____ Telefono _____

Guardian _____ Direccion _____ Telefono _____

Niño de 1 Edad _____ Sexo _____ Nombre _____

Niño de 2 Edad _____ Sexo _____ Nombre _____

Niño de 3 Edad _____ Sexo _____ Nombre _____

Niño de 4 Edad _____ Sexo _____ Nombre _____

Niño de 5 Edad _____ Sexo _____ Nombre _____

Niño de 6 Edad _____ Sexo _____ Nombre _____

(Otros niños en parte trasera)

Por favor traigan sus propias bolsas para llevar los juguetes en.

Lewiston-Altura Early Childhood
Presents

An Evening with Santa
Dec 5th 6-7:30 pm



Please don't hurry, no need to dash!
Follow the route on the lighted path.
With walking feet and hands to hold,
You must dress warm, it will be cold.
When you look North, you will see
Santa, that's where he will be.

No registration necessary.

This is a walk through event, please follow signs for parking.

115 S Fremont St

Lewiston, MN 55952





RESILIENT
WINONA COUNTY

WINTER GATHERING

DEC. 11, 2023

4:30-6:30 PM

Learn about community care with
The Joy Labs!

@ Saint Charles City Hall
830 Whitewater Ave.

Free - All are welcome - FREE dinner + prizes

Mental health community care is a preventive model of care that equips and empowers all individuals with the ability to provide informal, community-based mental health support.

Contact: resilientwinonacounty@gmail.com
Or find us on Facebook

**COUNTRY CLIMBERS
AND
LEWISTON/WINONA SNOW SPORTS**

SNOWMOBILE SAFETY FIELD DAY WILL BE HELD AT THE SOBECK FARM

24710 GILMORE VALLEY ROAD WINONA MN 55987 ON SATURDAY

DECEMBER 16TH AT 9:00 AM YOU MUST COMPLETE THE ONLINE

COURSE BEFORE ATTENDING FIELD DAY. PLEASE CONTACT:

GARY SOBECK 507-429-4478 OR STEVE SCHAMS 507-208-3577.

TO REGISTER FOR THE FIELD DAY.

THANKSGIVING JR WARRIORS CLINIC

November 26th

1:00 - 4:00 PM

Cost: \$30.00

Open to BOYS and GIRLS

Grades K-8

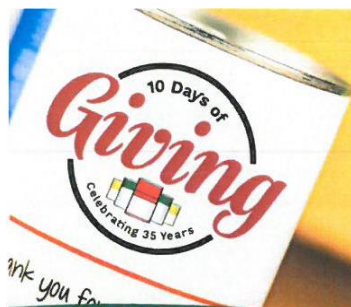
T-shirt included



**LOCATION: MCCOWN GYM
TO REGISTER VISIT**

WWW.WINONASTATEWBBGAMPS.COM





10 Days of Giving

December 1-10

Join us for these activities!

For event details, scan me!



Join us for these 10 Days of Giving events. Non-perishable food items and monetary donations are encouraged to make sure no one in our area goes hungry this winter. Full event details at: merchantsbank.com/10daysofgiving. Thanks for your generosity!



2 Brothers Sports Bar & Grill 10% Day

11:00 a.m. - 9:00 p.m.

129 West 3rd Street | Winona

10% of all sales will be donated to the 10 Days of Giving on Friday, December 1.



Steak Shop Catering Red Trailer Luncheon

11:00 a.m. - 2:00 p.m.

Merchants Bank - Downtown Parking Lot

102 East 3rd Street | Winona

Cost: \$8

Taco salad or pulled pork sandwich. Cash or card accepted.



Peter's Biergarten Presents 10 Days of Giving 35th Anniversary Extravaganza

3:00 - 6:00 p.m. | Peter's Biergarten

54 E 3rd Street | Winona

Admission is the gift of non-perishable food items or a monetary donation.



Winona Eagles Club 10% Day and Fish Fry Dinner

10% Day: All day | Fish Fry: 4:30 - 7:00 p.m.

Winona Eagles Club | 210 East 4th Street | Winona

Cost: \$13

10% of all bar sales will be donated to the 10 Days of Giving on Friday, December 8. Fish Fry will be dine in or carry out. Advanced tickets at Merchants Bank-Downtown Winona. Tickets can also be purchased at the door the night of the event in support of the 10 Days of Giving.



Sammy's Pizza 10% Day

126 West 2nd Street | Winona

10% of all sales will be donated to the 10 Days of Giving on Sunday, December 3.



Canadian Pacific Holiday Train with Santa

3:30 p.m. | Winona Amtrak Station

65 East Mark St | Winona

Enjoy the sights and entertainment of the Canadian Pacific Railway Lighted Holiday Train. Please bring gifts of non-perishable food items or a monetary donation.



Beno's Deli 10% Day

78 East 4th Street | Winona

10% of all sales will be donated to the 10 Days of Giving on Tuesday, December 5.



Apps & Taps: A Vikings game with Celebrity Bartenders and Backwater BBQ

12:00 - 6:00 p.m.

Port 507 | 128 West 2nd Street | Winona

Admission is the gift of non-perishable food items or a monetary donation.



(507) 457-1100 | merchantsbank.com/10daysofgiving

10 Days of Giving food drive is coordinated by Merchants Bank on behalf of the Winona Volunteer Services food shelf. Member FDIC

COMMUNITY YOUTH PROJECT DAY



HOSTED BY WINONA COUNTY 4-H

JOIN US FOR A FUN DAY OF CRAFTING, COOKING, LEARNING & EXPERIMENTING! YOUTH WILL COMPLETE HANDS ON ACTIVITIES LEARNING ABOUT ANIMAL SCIENCE, FOODS, FINE ARTS, STEM EXPERIMENTS & SO MUCH MORE!

When:

**Thursday,
December
28th**

9 am - 3 pm

Where:

**Faith Lutheran
Church**

**1717 W Service Dr,
Winona, MN 55987**

Who:

**Winona County
youth in grades
K - 5th**

Registration for this event in 4honline.com

- Registration: <https://z.umn.edu/YouthProjectDay4H>
- Create a 4honline.com account if you do not already have one to register for the event
- Select "Community Youth Project Day" in the events tab & follow the steps
- Cost: \$15 per youth for the entire day
- Reach out to Mika at mill7335@umn.edu with any questions



UNIVERSITY OF MINNESOTA EXTENSION



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 |
|---|---------------------------------------|--|

| | | |
|---|--|--|
| 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 |
|---|--|--|

| | | |
|----|---------------------------------------|--|
| 13 | Offering #1 Cereal Bowl Yogurt* | Offering #2 Muffin Sausage Link* Juice Assorted Pears 1% Flavored 1% White Skim White |
|----|---------------------------------------|--|

| | | |
|----|---------------------------------------|---|
| 20 | Offering #1 Cereal Bowl Yogurt* | Offering #2 Breakfast Burrito Apples Juice Assorted 1% Flavored 1% White Skim White |
|----|---------------------------------------|---|

| | | |
|----|---------------------------------------|--|
| 27 | Offering #1 Cereal Bowl Yogurt* | Offering #2 Mini Cinns Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White |
|----|---------------------------------------|--|

| | | |
|---|---------------------------------------|---|
| 1 | Offering #1 Cereal Bowl Yogurt* | Offering #2 Breakfast Pizza Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White |
|---|---------------------------------------|---|

| | | |
|---|---------------------------------------|--|
| 8 | Offering #1 Cereal Bowl Yogurt* | Offering #2 Breakfast Pizza Juice Assorted Peaches 1% Flavored 1% White Skim White |
|---|---------------------------------------|--|

| | | |
|----|---------------------------------------|---|
| 15 | Offering #1 Cereal Bowl Yogurt* | Offering #2 Breakfast Pizza Applesauce Juice Assorted 1% Flavored 1% White Skim White |
|----|---------------------------------------|---|

| | | |
|----|---------------------------------------|---|
| 22 | Offering #1 Cereal Bowl Yogurt* | Offering #2 Breakfast Pizza Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White |
|----|---------------------------------------|---|

| | | |
|---|--|--|
| 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 |
|---|--|--|

| | | |
|---|---|---|
| 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 |
|---|---|---|

| | | |
|----|---|--|
| 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 |
|----|---|--|

| | | |
|----|-----------|-----------|
| 23 | No School | No School |
|----|-----------|-----------|

| | | |
|---|---------------------------------------|---|
| 3 | Offering #1 Cereal Bowl Yogurt* | Offering #2 Egg Scrambled* Sausage Patty* Juice Assorted Raisins 1% Flavored 1% White Skim White |
|---|---------------------------------------|---|

| | | |
|----|-----------|-----------|
| 10 | No School | No School |
|----|-----------|-----------|

| | | |
|----|---------------------------------------|---|
| 17 | Offering #1 Cereal Bowl Yogurt* | Offering #2 English Muffin Sausage Patty* Juice Assorted Pineapple 1% Flavored 1% White Skim White |
|----|---------------------------------------|---|

| | | |
|----|-----------|-----------|
| 24 | No School | No School |
|----|-----------|-----------|

| | | |
|----|---|---|
| 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 |
|----|---|---|

| | | |
|---|--|--|
| 1 | | |
|---|--|--|



Breakfast Menu

Dec 2023

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

Monday

27

28

Tuesday

Wednesday

30

Thursday

Friday

| | | | | | | | | | | | | |
|----|---------------------------------------|--|--|---|---------------------------------------|---|--|--|---------------------------------------|--|---------------------------------------|--|
| 4 | Offering #1 Cereal Bowl Yogurt* | Offering #2 Muffin Sausage Link* | 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 | Offering #1 Cereal Bowl Yogurt* | Offering #2 Breakfast Pizza Applesauce Juice Assorted 1% Flavored 1% White Skim White | Offering #1 Cereal Bowl String cheese Juice Assorted Peaches 1% Flavored 1% White Skim White | Offering #2 Croissant Egg Patty* | Offering #1 Cereal Bowl Yogurt* | Offering #2 English Muffin Sausage Gravy* | Offering #1 Cereal Bowl Yogurt* | Offering #2 Chef's Choice Juice Assorted Pineapple 1% Flavored 1% White Skim White |
| 11 | Offering #1 Cereal Bowl Yogurt* | Offering #2 Breakfast Burrito Apples Juice Assorted 1% Flavored 1% White Skim White | 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 | No School | No School | 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 | Offering #1 Cereal Bowl Yogurt* | Offering #2 Egg Scrambled* Sausage Patty* | Offering #1 Cereal Bowl Yogurt* | Offering #2 Chef's Choice Juice Assorted Pineapple 1% Flavored 1% White Skim White |
| 18 | Offering #1 Cereal Bowl Yogurt* | Offering #2 Mini Crm. Donuts Juice Assorted Mandarin Oranges 1% Flavored 1% White Skim White | 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 | Offering #1 Cereal Bowl Yogurt* | Offering #2 Breakfast Pizza Peaches 1% Flavored 1% White Skim White | Offering #1 Cereal Bowl String cheese Juice Assorted Pears 1% Flavored 1% White Skim White | Offering #2 Pancakes Pears 1% Flavored 1% White Skim White | Offering #1 Cereal Bowl Yogurt* | Offering #2 Chef's Choice Juice Assorted Pineapple 1% Flavored 1% White Skim White | Offering #1 Cereal Bowl Yogurt* | Offering #2 Chef's Choice Juice Assorted Pineapple 1% Flavored 1% White Skim White |
| 25 | No School | No School | No School | No School | No School | No School | No School | No School | No School | No School | No School | No School |
| 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |

- 2023 -

DECEMBER

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

FRIDAY

1

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

THURSDAY

8

French Toast
Sausage links
Salad Bar
Fruit Bar
Milk

15

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

22

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

29

No School

WEDNESDAY

7

Mini Corn Dogs
Chips
Salad Bar
Fruit Bar
Milk

14

Crunchy Chicken
Tender Wrap
Tortilla shell
Salad Bar
Fruit Bar
Milk

21

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

28

No School

TUESDAY

6

Ravioli in Red Sauce
Salad Bar
Fruit Bar
Milk

13

No School

20

Meatball Sub
Marinara Sauce
Salad Bar
Fruit Bar
Milk

27

No School

MONDAY

4

Hamburger w/bun
Potato fries
Salad Bar
Fruit Bar
Milk

11

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

18

Chicken Nuggets
Mashed Potatoes
Dinner roll
Salad Bar
Fruit Bar
Milk

25

No School

19

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

26

No School

-2023-

NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

K-12 Lunch Menu

Please understand due to distribution and snow days:

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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

8

Popcorn Chicken
Dinner Roll
Salad Bar
Fruit Bar
Milk

9

Crunchy Chicken
Tender Wrap
Tortilla shell
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

3

French Toast
Sausage links
Salad Bar
Fruit Bar
Milk

10

No
School

17

Chicken & Waffles
Salad Bar
Fruit Bar
Milk

24

No
School

30

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