

Lewiston-Altura Schools Cardinal Newsletter

VOL. XXXV Issue 14

December 15, 2023

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

Mr. Riebel's Report

Ten Days of Giving at the Elementary School. Thank you to all!



The 35th annual Ten Days of Giving drive to supply the Winona County food shelves with non-perishable food and supplies recently took place during the start of December. For years, our Lewiston-Altura schools have partnered with Merchant's Bank and participated in the county wide event. Thank you to



all students, families and staff who helped make this year's event successful! The elementary school student council members assisted with the collection and tabulation of items and cash donations. Our Lewiston-Altura Elementary school filled five barrels with food and collected over \$500 to also apply toward purchases for the food shelf. Our Cardinal CARES qualities of Cooperation, Assertion, Responsibility and Empathy are on full display as we participate in this event. It's a great example for students to make direct connections with the CARES attributes. Congratulations goes out to Mr. Schmaltz's 3rd grade class as the winner of the "Golden Can", the traveling trophy that goes to the classroom that collects the most during the Ten Days of Giving each year.

Happy Holidays!

We head into the winter break from school without any white stuff on the ground and a mild forecast. That mild weather may be just what you are looking for. Others of you may be wishing for colder temps and some snowfall to make it more like a traditional Minnesota winter with winter activities. Our kids each have similar thoughts and opinions, and much of the time will look similar to parents' views. No matter what side of the winter weather overview you sit, I want to wish you Happy Holidays for the weeks ahead. Many opportunities await for family fun and memory making. Whether you are traveling or staying close to home, please build in time for family fun by playing with the new games, toys from the season. Look for outdoor adventures to experience, even though they are adjusted for the weather. Remember that within the play and family events, you are creating memories, adding to vocabulary and building your child's learning. Have fun!

I wish you all a safe, relaxing and enjoyable holiday season!

Mr. Riebel

Principal: Mr. Dave Riebel

Phone (507) 523-2191

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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.



Upcoming Events

Dec. 25 - Jan. 1 – No School
Jan. 22 – P.L.A.Y Meeting, 6:30, Elem.
Jan. 25 – Bell Museum Program



Dear Parents/Guardians:

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

TumbleBookLibrary is an online collection of e-books and digital audiobooks for children K-6. They are a great way to encourage tech-savvy kids to enjoy reading!

WWW.TUMBLEBOOKLIBRARY.COM

USERNAME: LACARDINALS

PASSWORD: BOOKS

OR VISIT OUR WEBSITE FOR INSTANT ACCESS: WWW.LEWALT.K12.MN.US -> STUDENT
RESOURCES->MEDIACENTERS->ELEMENTARY LIBRARY

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

Our TumblePremium plan has 1100+ titles total!

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.

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!

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

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

Wednesday

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

Thursday

4 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

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

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

Offering #2
Breakfast Walking Taco
Juice Assorted
Strawberries
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 Pizza
Juice Assorted
Mandarin Oranges
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

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

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

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

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

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

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

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

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

- 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

