



# Mid-Hawk News



January 2025



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We are excited to announce an addition to our website that posts community activities for students to get involved in outside of school hours. If you would like to view the opportunities OR submit something to be posted please visit the following [link](#).



**Check out our  
West Delaware Middle school  
Facebook Page for more updates  
and reminders!**

# 2026 January

SUN	MON	TUE	WED	THU	FRI	SAT
				1  No School - Winter Break	2  No School - Winter Break	3
4	5 Classes Resume	6	7  1:25 Dismissal	8 Together We Are Day	9	10
11	12 7/8 BBB vs Marion  School Board Meeting	13 7 <sup>th</sup> Grade Ski Trip	14  1:25 Dismissal	15 7/8 BBB vs CPU	16 End of Semester  WDMS All-Star Ceremony  7/8 GW @ Solon	17
18	19  No School - Work Day	20 7/8 BBB vs Benton	21  1:25 Dismissal	22 7/8 BBB vs Independence	23 7/8 GW @ Home	24
25	26 7/8 BBB vs Solon  MS Solo/ Ensemble	27 7/8 GW @ Independence  MS Solo/ Ensemble	28  1:25 Dismissal	29 7/8 BBB vs Vinton-Shells	30	31



# Lambert & MS Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 LONG JOHN, W/G FRUIT 100% FRUIT JUICE MILK VARIETY  **BREAKFAST PIZZA, W/G	6 FRENCH TOAST STICKS, W/G W/ SYRUP FRUIT 100% FRUIT JUICE MILK VARIETY  **TORRADO, W/G	7 EGG PATTY & CHEESE SLICE W/ BUN, W/G FRUIT 100% FRUIT JUICE MILK VARIETY  **BREAKFAST PIZZA, W/G	8 MINI PANCAKES, W/G W/ SYRUP FRUIT 100% FRUIT JUICE MILK VARIETY  **BISCUITS & GRAVY, W/G	9 CHERRY FRUDEL, W/G FRUIT 100% FRUIT JUICE MILK VARIETY  **BREAKFAST PIZZA, W/G
12 ASST. CEREAL, W/G/CHEESE STICK FRUIT 100% FRUIT JUICE MILK VARIETY  **BREAKFAST PIZZA, W/G	13 OMELET W/ MUFFIN, W/G FRUIT 100% FRUIT JUICE MILK VARIETY  **LONG JOHN, W/G	14 BREAKFAST PINES, W/G FRUIT 100% FRUIT JUICE MILK VARIETY  **BREAKFAST PIZZA, W/G	15 RAINBOW YOGURT W/ GRANOLA, W/G FRUIT 100% FRUIT JUICE MILK VARIETY  **BISCUITS & GRAVY	16 APPLE FILLED DONUT, W/G FRUIT 100% FRUIT JUICE MILK VARIETY  BREAKFAST PIZZA, W/G
19 NO SCHOOL TODAY	20 CHOC FILLED DONUT, W/G FRUIT 100% FRUIT JUICE MILK VARIETY  **Egg, SAUSAGE, CHEESE W/ BUN, W/G	21 BREAKFAST BURRO, W/G FRUIT 100% FRUIT JUICE MILK VARIETY  **BREAKFAST PIZZA, W/G	22 PANCAKE ON A STICK, W/G W/ SYRUP FRUIT 100% FRUIT JUICE MILK VARIETY  **BISCUITS & GRAVY	23 CINNAMON ROLL, W/G FRUIT 100% FRUIT JUICE MILK VARIETY  **BREAKFAST PIZZA, W/G
26 LONG JOHN, W/G FRUIT 100% FRUIT JUICE MILK VARIETY  **BREAKFAST PIZZA, W/G	27 DUTCH WAFFLE, W/G W/ SYRUP FRUIT 100% FRUIT JUICE MILK VARIETY  **MCGRIDLE SANDWICH, W/G	28 CONFETTI PANCAKES, W/G W/ SYRUP FRUIT 100% FRUIT JUICE MILK VARIETY  **BREAKFAST PIZZA, W/G	29 ASSORTED CEREAL W/ MUFFIN, W/G FRUIT 100% FRUIT JUICE MILK VARIETY  **BISCUITS & GRAVY, W/G	30 APPLE FRUDEL, W/G FRUIT 100% FRUIT JUICE MILK VARIETY  **BREAKFAST PIZZA, W/G

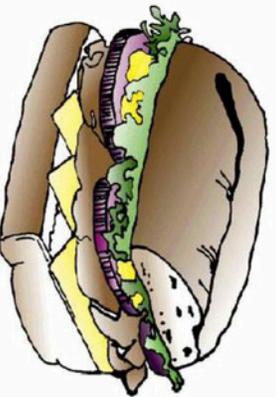
**Alternate Breakfast Menu**  
BREAKFAST PIZZA, W/G  
FRUIT  
100% FRUIT JUICE  
MILK VARIETY  
  
\*\* OPTIONS AT MS ONLY

**MENU SUBJECT TO CHANGE**

**MILK VARIETY**  
Chocolate, Fat Free  
White Fat Free  
White, LoFat, 1%

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# JANUARY



## Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 MADRIDITE HAMBURGER BUN, W/G BAKED FRIES KIWI, FRESH OR PEACH CUP ROYAL BROWNIES, W/G MILK VARIETY	6 CHICKEN DRUMSTICK, W/G BUN, W/G WHIPPED POTATOES & GRAVY CHEEZY BROCCOLI GRAPES, FRESH OR PEARS, LIGHT SYRUP MILK VARIETY	7 EGG SAUSAGE/CHEESE PATTY HAMBURGER BUN, W/G BAKED POTATO WEDGES BANANA, FRESH OR STRAWBERRIES MILK VARIETY	8 MEXICAN STRAW HAT, W/G REFRIED BEANS GRAPE TOMATOES APPLE SLICES OR PINEAPPLE CHUNKS CINNAMON ROLL, W/G MILK VARIETY	9 PEPPERONI BOAT, W/G SWEET POTATO FRIES GREEN BEANS BAKED APPLES OR FRUIT SLUSHIE MILK VARIETY
12 GRILLED CHEESE SANDWICH TOMATO SOUP CARROT STICKS ROMAINE W/LIGHT RANCH PINEAPPLE CHUNKS OR BLUEBERRIES MILK VARIETY	13 CHICKEN ALFREDO, W/G ROLL, W/G BAKED ASPARAGUS BUTTERY PEAS MIXED BERRY CUP OR CRAISINS MILK VARIETY	14 CHEESE QUESADILLA, W/G REFRIED BEANS BAKED WEDGES KIWI, FRESH OR FRUIT SLUSHIE CHOCOLATE CHIP COOKIE, W/G MILK VARIETY	15 BBQ PULLED PORK SANDWICH HAMBURGER BUN, W/G BAKED FRENCH FRIES BAKED BEANS GRAPES, FRESH OR PEAR CUP MILK VARIETY	16 WALKING CHEESEBURGER BAKED TOTS CORN ORANGE, FRESH OR APPLE SAUCE CUP NO BAKE COOKIE, W/G MILK VARIETY
19 NO SCHOOL TODAY	20 ORANGE CHICKEN, W/G FRIED RICE BUTTERY PEAS CARROT STICKS W/LIGHT RANCH KIWI, FRESH OR APPLE SAUCE RICE KRISPIE TREAT, W/G MILK VARIETY	21 CHEESEBURGER PATTY HAMBURGER BUN, W/G BAKED BEANS BAKED POTATO WEDGES APPLE SLICES OR BLUEBERRIES MONSTER COOKIE, W/G MILK VARIETY	22 SPAGHETTI, W/G GARLIC CHEESE BREAD, W/G ROMAINE SALAD W/LIGHT RANCH GLAZED CARROT'S ORANGE, FRESH OR MIXED BERRY CUP MILK VARIETY	23 GRILLED CHICKEN PATTY SEASONED NOODLES GREEN BEANS BAKED ASPARAGUS GRAPES, FRESH OR STRAWBERRIES MILK VARIETY
26 POPCORN/CHICKEN, W/G ROLL, W/G WHIPPED POTATO & GRAVY BROCCOLI W/CHEESE PEACH CUP OR PINEAPPLE CHUNKS MILK VARIETY	27 DEEP DISH PIZZA, W/G ROMAINE, W/LIGHT RANCH CORN KIWI, FRESH OR BLUEBERRIES M & M COOKIE DOUGH MILK VARIETY	28 CORN DOG, W/G BAKED WEDGES BAKED BEANS BANANA, FRESH OR APPLE SAUCE CUP MILK VARIETY	29 BREADED CHICKEN PATTY, W/G HAMBURGER BUN, W/G BAKED FRENCH FRIES BAKED ASPARAGUS FRUIT SLUSHIE OR CRAISINS O'HENRY BAR, W/G MILK VARIETY	30 CHICKEN TERIYAKI, W/G WOODLES, W/G GREEN BEANS GLAZED CARROT'S STRAWBERRY CUP OR PEAR CUP MILK VARIETY

**ALTERNATE MAIN ITEM**

Garden Salad w/Roll OR Crustless  
PBJ & Cheese Stick offered  
everyday  
Mon., Wed., Fri., Hamburger Patty  
with WG Bun

**MENU SUBJECT TO CHANGE**

**MILK VARIETY**  
Chocolate, Fat Free  
White Fat Free  
White, LoFat, 1%

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# 7TH GRADE BASKETBALL SCHEDULE

DATE	TIME	LOCATION
1/12	4:15pm	Vernon Middle School
1/15	4:15pm	Home
1/20	4:15pm	Norway Intermediate School, Benton
1/22	4:15pm	Home
1/26	4:15pm	Home
1/29	4:15pm	Vinton-Shellsburg Middle School
2/2	4:15pm	Home
2/5	4:15pm	CPU Middle School
2/9	4:15pm	Home
2/12	4:15pm	West Elementary, Independence
2/19	4:15pm	Mount Vernon Middle School

# 7th & 8th Grade Boys Basketball

**Picture Day:  
January 9th**

# 8TH GRADE BASKETBALL SCHEDULE

DATE	TIME	LOCATION
1/12	4:15pm	Home
1/15	4:15pm	CPU Middle School
1/20	4:15pm	Home
1/22	4:15pm	West Elementary, Independence
1/26	4:15pm	Solon Middle School
1/29	4:15pm	Home
2/2	4:15pm	Mary Welsh Elementary, Williamsburg
2/5	4:15pm	Home
2/9	4:15pm	Vernon Middle School, Marion
2/12	4:15pm	Home
2/19	4:15pm	Home

# 7TH & 8TH GRADE GIRLS WRESTLING SCHEDULE

DATE	TIME	LOCATION
1/16	4:15pm	Solon Middle School
1/23	4:15pm	Home
1/26	4:15pm	Lisbon Community High School
1/27	4:15pm	West Elementary, Independence
2/3	4:15pm	Home
2/10	4:15pm	Williamsburg High School
2/17	4:15pm	Home
2/24	4:15pm	Keystone Elementary School
2/26	4:15pm	Vernon Middle School, Marion



**Picture Day: January 8th**

