

SEPTEMBER 2022 Lewistown Public Schools SECONDARY Menu

MONDAY August 29	TUESDAY August 30	WEDNESDAY August 31	THURSDAY September 1	FRIDAY September 2			
					Whole Grain Corndog Potato Smiles Calico Beans Banana ALT: Philly Cheesesteak	Baked Ham Whole Grain Roll Au Gratin Potatoes Mixed Veggies Apple Wedges ALT: Chicken Sandwich	Hamburger on a Bun Lettuce & Tomato Slice Crinkle Cut Fries Fresh Fruit Brownie ALT: Pizza
MONDAY September 5	TUESDAY September 6	WEDNESDAY September 7	THURSDAY September 8	FRIDAY September 9			
VACATION DAY No School 	Hot Ham & Cheese on a Bun Calico Fries Creamy Coleslaw Pear Wedge Rice Krispie Treat ALT: Hamburger on a Bun	Beef, Bean & Cheese Burrito with Salsa Corn Garden Salad Cinnamon Apples ALT: Cheesy Breadstick	Country-Fried Steak Mashed Potatoes with Gravy Carrots & Cucumbers Strawberry Cup Cinnamon Bun ALT: Chicken Sandwich	Toasted Cheese Sandwich Tomato Soup with Crackers Broccoli & Celery Sticks Bunches of Grapes Gr 9-12: Yogurt ALT: Pizza			
MONDAY September 12	TUESDAY September 13	WEDNESDAY September 14	THURSDAY September 15	FRIDAY September 16			
Spaghetti Garden Salad Pepper Strips & Cucumbers Apple Wedges Whole Grain Garlic Toast ALT: Pizza	Chicken Pot Pie Potato Wedges Broccoli & Cauliflower Kiwi ALT: Hamburger on a Bun	Beef Barley Cheese Stick Baby Carrots & Celery Bites Mandarin Oranges Chocolate Cake ALT: Philly Cheesesteak	Chicken Nuggets with Dippin' Sauce Potato Smiles Green Beans Strawberries & Bananas ALT: Chicken on a Bun	Turkey & Cheese Sandwich Lettuce Leaf Tomato Slice Fresh Veggies Applesauce Sugar Cookie ALT: Pizza			



SECONDARY SCHOOL MEALS

Breakfast

Student \$2.25

Adult \$2.25

Lunch

Student \$3.50

Adult \$4.00

Milk is served with each meal, including both breakfast and lunch.

Milk Choice: 8-ounce serving of fat-free chocolate, fat-free white or 1% white milk

All meals at Fergus High include an additional 1/2 cup of fruit and vegetable choice. Reduced fat or nonfat dressing is served with salads and fresh vegetables.

A Grab 'n Go option and an alternate entree are also offered each day at both Lewistown Junior High and Fergus High, as well as individual a la carte items.

SEPTEMBER 2022

Lewistown Public Schools SECONDARY Menu

MONDAY September 19	TUESDAY September 20	WEDNESDAY September 21	THURSDAY September 22	FRIDAY September 23
Nachos with Whole Grain Chips Cheesy Breadstick Corn Celery & Baby Carrots Orange Wedges Cereal Bar	Chicken Stir-Fry Chow Mein Noodles Rice Pilaf Stir-Fry Veggies Bunch of Grapes	Chicken Enchiladas Bean Dip with Whole Grain Chips Garden Salad Banana Blonde Brownie	Cheese Ravioli & Sausage Peas Tropical Fruit Salad Whole Grain Roll	Hamburger on a Bun Potato Salad Sun Chips Pepper Strips & Carrots Peach Cup
ALT: Pizza	ALT: Hamburger on a Bun	ALT: Cheesy Breadstick	ALT: Chicken Sandwich	ALT: Pizza

MONDAY September 26	TUESDAY September 27	WEDNESDAY September 28	THURSDAY September 29	FRIDAY September 30
Meatball Sub Giant Waffle Fries Cheesy Veggies Melon Wedge	Ham & Cheese Pocket Garden Salad Snap Peas & Tomatoes Pears Double Chocolate Cookie	BBQ Pork on a Bun Calico Fries Baked Beans Raisins	Loaded Baked Potato Soup Cornbread Baby Carrots & Zucchini Apple Wedges Gr 9-12: Cheese Stick	Soft-Shell Taco Shredded Lettuce/Salsa Green Beans Strawberries Carrot Cake
ALT: Pizza	ALT: Hamburger on a Bun	ALT: Philly Cheesesteak	ALT: Chicken Sandwich	ALT: Pizza

GRAB & GO

WEEKLY OPTIONS

Monday: CHEF SALAD *or* TURKEY & CHEESE CROISSANT COMBO

Tuesday: GREEK SALAD *or* SUBMARINE SANDWICH COMBO

Wednesday: ORIENTAL SALAD *or* BEEF WRAP COMBO

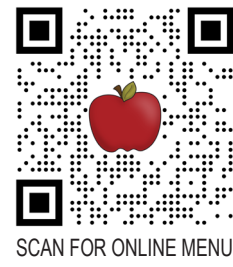
Thursday: CAESER SALAD *or* HAM & CHEESE CROISSANT COMBO

Friday: FIESTA RANCH CHICKEN SALAD *or* CHICKEN SALAD PITA

Daily: PBJ SANDWICH COMBO

E	R	D	T	E	A	C	H	E	R	R	W
M	Y	G	H	D	D	M	R	L	R	A	N
D	R	O	O	A	L	A	A	M	A	S	O
C	E	L	M	N	O	T	O	O	N	R	I
E	A	D	E	E	G	H	U	O	S	H	T
N	D	E	W	E	D	H	H	R	C	E	A
F	I	N	O	T	N	N	C	S	I	S	T
R	N	E	R	A	A	S	N	S	E	U	N
I	G	A	K	M	E	S	U	A	N	O	E
E	A	G	I	S	U	E	L	L	C	H	I
N	L	L	C	S	L	C	T	C	E	N	R
D	G	E	G	A	B	E	O	T	D	E	O
S	T	S	C	L	C	R	H	I	M	P	E
C	S	N	S	C	I	S	U	M	G	O	Y

GOLDEN EAGLES
 HOT LUNCH
 SCIENCE
 BLUE AND GOLD
 CLASSMATE
 MATH
 TEACHER
 FRIENDS
 READING
 CLASSROOM
 HOMEWORK
 ART
 OPEN HOUSE
 RECESS
 GYM
 ORIENTATION
 MUSIC



SCAN FOR ONLINE MENU

REMINDER

Please complete a **2022-2023 Application for Free and Reduced-Price School Meals** for your household as soon as possible.

Completion of this form by all families is important for the school district's records and helps ensure we can provide free or reduced-price meals to all qualifying students.

Forms are available in each school office as well as the Lincoln Building.

For more information or assistance, please call School Food Service Director Amie Friesen at (406) 535-5261.