

LEWISTOWN PUBLIC SCHOOLS

SECONDARY

MONDAY

Peas

Broccoli & Cauliflower

Peaches

Gr. 9-12: Whole Grain Breadstick

ALTERNATE: Pizza

NO SCHOOL



8 FRIDAY

15 FRIDAY

THE PRODUCER	Δb
PARTNERSHIP	

THANK YOU

to **SHAMMEL RANCH**

for donating local beef to the Lewistown **Public Schools** Food **Program!**



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Meatballs		Cheese OR
Macaroni & Cheese	:	Penneroni Piza

5 TUESDAY

Garden Salad Cucumbers Melon Wedge Chocolate Chip Cookie

ALTERNATE: Hamburger on a Bun

Whole Grain Corndog

6: WEDNESDAY

Potato Smiles Calico Beans Banana

ALTERNATE: Walking Taco

Baked Ham

7 THURSDAY

Whole Grain Roll Au Gratin Potatoes Mixed Veggies Apple Wedges

ALTERNATE: Egg Roll with Sauce

Hamburger on a Bun

Lettuce & Tomato Slice Crinkle-Cut Fries Fresh Fruit Brownie

ALTERNATE: Pizza

MONDAY 12 TUESDAY 13 WEDNESDAY 14: THURSDAY

Hot Ham & Cheese on a Bun

Calico Fries Creamy Coleslaw Pear Wedge Strawberry Shortcake

ALTERNATE: Hamburger on a Bun

Beef, Bean & Cheese **Burrito with Salsa**

Corn Garden Salad Cinnamon Apples

ALTERNATE: Walking Taco

Country-Fried Steak

Mashed Potatoes with Gravy Carrots & Cucumbers Mixed Berry Cup Cinnamon Bun

ALTERNATE: Egg Roll with Sauce

Toasted Cheese Sandwich

16

Tomato Soup with Crackers Broccoli & Celery Sticks **Bunches of Grapes** Gr. 9-12: Yogurt

ALTERNATE: Pizza

MONDAY 19: TUESDAY 20 WEDNESDAY 21: THURSDAY 22 FRIDAY 23

Spaghetti

Garden Salad Pepper Strips & Cucumbers Apple Wedges Whole Grain Garlic Toast

ALTERNATE: Pizza

Chicken Pot Pie

Potato Wedges Broccoli & Cauliflower Kiwi

ALTERNATE: Hamburger on a Bun

Baby Carrots & Celery Bites Mandarin Oranges Chocolate Cake

Beef Barley Soup

Cheese Stick

ALTERNATE: Walking Taco

Chicken Nuggets with Dippin' Sauce

Potato Smiles Green Beans Strawberries & Bananas

ALTERNATE: Egg Roll with Sauce

Turkey & Cheese Sandwich

Lettuce Leaf Tomato Slice Fresh Veggies **Applesauce** Sugar Cookie

ALTERNATE: Pizza

SECONDARY SCHOOL MEALS

BREAKFAST **STUDENT \$2.25 ADULT \$2.25**

LUNCH **STUDENT \$3.60 ADULT \$4.65**

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.



LEWISTOWN PUBLIC SCHOOLS



SECOND	ARY	WENU					1		
MONDAY	26	TUESDAY	27	WEDNESDAY	28	THURSDAY	29	FRIDAY	30
NO S	CHOOL	Indian Butter Chicken Rice Pilaf Stir-Fry Veggies Bunch of Grapes Scooby Snack Chicken Enchiladas Bean Dip with Whole Grain Chips Garden Salad Apricot Cup Chocolate Chip Cake		}	Cheese Ravioli & Sausage Peas Tropical Fruit Salad Whole Grain Roll	l	LAST DAY of SCHO Sack Lunch Sandwich Vegetables Fruit Chips Cookie	OOL	
		ALTERNATE : Hamburge	er on a Bun	ALTERNATE: Walking Tag	0	ALTERNATE: Egg Roll with Sa	auce	ALTERNATE: Pizza	
	Visit a Roast Eat at	nomemade pops favorite ice cre marshmallows a a favorite res	eam stav around a	campfire	□ T	Build a fort Paint and hide kindi Complete a photo a Make slime or playa	lbun	n or scrapbook	
SUMMER D. L. L.						Tie-dye a shirt Visit out-of-town re	elati:	Nes	



- □ Explore a local festival ☐ Take in a fireworks display
 - ☐ Attend a birthday party □ See a parade □ Tour a museum □ Sleep in a hotel □ Visit an amusement park ☐ Build a sand castle on the beach

□ Ride on a train

☐ Have a playdate with friends from school ☐ Bring treats to the neighbors □ Make a new friend □ Watch a new movie in the theaters □ Watch a show mom and dad watched when they were young □ Play a new card game □ Cook something you've never cooked before □ Learn to use a yo-yo □ Perfect a new swimming stroke ☐ Introduce yourself to a new type of art or craft □ Master typing on a keyboard

☐ Work on speaking a new language