



SPARTAN SCROLL



September 2023

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Culinary Arts, Single Survival, JH FCS and Comprehensive FCS

By C. Wittak

Classes are busy working on pickling beets, making dilly beans, making Peach Pie (with peaches donated by Mrs. Cook). We have also been dabbling with fried rice and egg rolls before having our local expert, Jim Sanden visit the classroom as our guest! We have also made chokecherry and crabapple jelly. Great start for the school year! Students are working well together as we go through our gardening season. We have also been working on time management helping to prep food for kitchen lunch and gearing up to be certified in ServSafe for our Culinary students. Up next is homemade spaghetti sauce, refrigerator salsa and a variety of vegetable recipes with fresh produce from the garden!



September 2023 Breakfast/Lunch Menu

September 4 - 8

Mon: **NO SCHOOL-LABOR DAY**

Tues: **Breakfast** – Cinnamon rolls, yogurt, and pears

Lunch- Chicken fajitas, peaches, and refried beans

Wed: **Breakfast**- Biscuit breakfast sandwich, and peaches

Lunch- Pork riblet sandwich, and peaches

Thurs: **Breakfast**- Scrambled eggs, toast, and pineapples

Lunch- Tater tot casserole, garlic bread, pears, and corn

Fri: **Breakfast**- Parfaits with strawberries, blueberries, and poptarts

Lunch – Chicken wraps, chips, oranges, and carrots

September 11 - 14

Mon: **Breakfast** – Waffles, sausage, and pears

Lunch- Corn dogs, pretzels, nacho cheese, peaches, and broccoli

Tues: **Breakfast** – Hashbrown casserole, toast, and peaches

Lunch- Chicken strips, mac n cheese, and mandarin oranges

Wed: **Breakfast** – Chocolate donuts, yogurt, and mandarin oranges

Lunch- BBQ pulled pork sandwich, fries, pineapple, corn, and chocolate muffins

Thurs: **Breakfast** – Fruit bar, cereal, cheese sticks, and pineapple

Lunch- Ham or turkey hoagie, chips, apples, and carrots

September 18 - 21

Mon: **Breakfast** – French toast sticks, sausage, and blueberries

Lunch- Cheeseburgers, fries, peaches, and beanie weenies

Tues: **Breakfast** – Breakfast pizza and peaches

Lunch- Nachos, mexican rice, pears, corn, and butterscotch pudding

Wed: **Breakfast** – Bagels with cream cheese, hard boiled eggs, and pears

Lunch- Chicken fried steak, buns, massed potatoes, gravy, applesauce, and green beans

Thurs: **Breakfast** – Biscuits and gravy, applesauce

Lunch- Hot ham and cheese, chips, oranges, and carrots

September 25 - 29

Mon: **Breakfast** – Croissant breakfast sandwiches and fruit cocktail

Lunch- Cheese quesadillas, chips, salsa, peaches, and green beans

Tues: **Breakfast** – Pancakes, sausage, and peaches

Lunch- Sloppy joes, fries, fruit cocktail, and baked beans

Wed: **Breakfast** – Sprinkle donuts, yogurt, and oranges

Lunch- Pepperoni pizza, caesar salad, and pears

Thurs: **Breakfast** – Pancake/sausage wrap on a stick and pears

Lunch- Chicken casserole, breadsticks, corn, and strawberries and cream

Fri: **Breakfast** – Poptarts, cereal, yogurt, and strawberries

Lunch- Ham or turkey pitas, chips, apples, and carrots

September 2023

September 2023						
		Tue	Wed	Thu	1	2
					FB/XC SENIOR NIGHT JH/V FB FAIRVIEW 4:30/7:00 V VB LUSTRE 5:00	JH VB @ Wolf Point Jamboree JH/HS XC @ Poplar 10am JV/V VB @ Culbertson 1:00+20
3	4	5	6	7	8	9
	NO SCHOOL – LABOR DAY	FFA: District Leadership School @ Scobey JVFB @ Fairview 4:30		JV/V VB WOLF POINT 5:00 +20	FRIDAY SCHOOL DAY 8:15-4:05 JH/HS XC Scobey Invite 10am JH/V FB @ Plentywood 4:30/7:00 JV/V VB North Country@ Hinsdale 4:00 +20	JHVB @ Malta Jamboree V VB SCOBEY TOURNEY 9am
10	11	12	13	14	15	16
	JV FB PLENTYWOOD 4:30	7 th /V VB BROCKTON 5:00/6:00	FCCLA pre-planning in Medicine Lake SCHOOL PICTURE RETAKES	JH/V FB @ Culbertson 4:30/7:00		HS XC @ Williston Invite TBA JH VB @ SCOBEY JAMBOREE
17	18	19	20	21	22	23
	Eckroth Music will be at the School 4-6 pm JV FB CULBERTSON 4:30	JH FB WOLF POINT 5:00		JH/HS XC @ Frazer 4:30	JV/V VB RICHEY/LAMBERT 5:00 +20	JH VB @ Harlem Jamboree JH/HS XC @ Miles City Invite JV/V VB PLENTYWOOD TBA
24	25	26	27	28	29	30
	JH/JV FB @ Wolf Point 5:00/6:30	HOMECOMING WEEK		JV/V VB @ Wolf Point 5:00 +20	FRIDAY SCHOOL DAY 8:15-4:05 JV/V VB @ Bainville 3:30 +20 JH/V FB POPLAR 4:30/7:00	JH VB @ Poplar Tourney JH/HS @ Fort Peck (Glasgow Invite) JV/V VB MONDAK @ Scobey 1:00 +20