

Back to school



Menus for August 2023

Montgomery Public Schools 9-12

This institution is an equal opportunity provider.

Word *of the* Month

per·se·ver·ance

noun. 1. the quality of never giving up 2. persisting at a task or object despite difficulties, obstacles, and discouragement



We're SO GLAD to see you!
It's going to be a

GREAT YEAR

and we can't wait
to serve your meals!

NUTRITION *TO GO*

Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

A QUICK BITE FOR PARENTS

Thursday, August 10

Breakfast Manager's Choice

Whole Grain
Fruit/Juice
Milk

Lunch Manager's Choice

Protein
Whole Grain
Vegetable(s)
Fruit
Milk

Friday, August 11

Breakfast Manager's Choice

Whole Grain
Fruit/Juice
Milk

Lunch Manager's Choice

Protein
Whole Grain
Vegetable(s)
Fruit
Milk



Every complete meal
we serve comes with
your choice of lowfat
or nonfat milk!

YOU'RE *STILL* GOOD

TM



ALL STUDENTS EAT ALL MEALS @ NO COST AGAIN THIS YEAR

MONTGOMERY PUBLIC
SCHOOLS



Now serving: Protein,
Calcium and
...FIBER?!



Flavored fat-free milk provides the same great calcium and protein as white milk – and chocolate milk even contains fiber! Eight ounces of flavored fat-free milk includes just 14 g of added sugar – that’s about 60 calories – in addition to about 12 g of naturally occurring lactose sugar that comes straight from the cow. So wonder national health groups ranging from the American Academy of Pediatrics to the American Dietetic Association all support low-fat and fat-free milk in schools, including flavored milk. Milk in schools is a crucial source of calcium and other key nutrients for kids -- and a fairly minimal source of sugar and calories.

Monday, August 14
Breakfast
Ham & Egg Biscuit
Cereal
Toast
Fruit/Juice
Milk
Lunch
Hot Dog on a Bun
Chicken Nuggets
Green beans
Corn on Cob
Chips
Fruit
Milk

Tuesday, August 15
Breakfast <small>NEW</small>
Rise n' Shine Parfait w/ Granola
Cereal Bar
Toast
Fruit/Juice
Milk
Lunch
Meatball Sub
Crispy Chicken Sandwich
Broccoli
Baby Carrots
Fruit
Milk

Wednesday, Aug. 16
Breakfast
Buttered Toast
Cereal
Fruit/Juice
Milk
Lunch
Assorted Pizza
Mixed Greens Salad
Green Peas
Fruit
Milk

Thursday, August 17
Breakfast
Spiced Oatmeal w/ Raisins
Cereal Bar
Toast
Fruit/Juice
Milk
Lunch
BBQ Sliders
Baked BBQ Chicken w/ Roll
Glazed Carrots
Baked Beans
Fruit
Milk
Cookie

Friday, August 18
Breakfast
Cream Cheese Bagel
Cereal
Toast
Fruit/Juice
Milk
Lunch
Tex-Mex Chicken Fajitas
Beef Burrito
Pinto Beans
Seasoned Corn
Fruit
Milk

Monday, August 21
Breakfast
French Toast Sticks
Cereal Bar
Fruit/Juice
Milk
Lunch
Lasagna Rollup w/ Breadstick
Italian Cheese Bread
Mixed Greens Salad
Lima Beans
Fruit
Milk

Tuesday, August 22
Breakfast
Frudel
Cereal
Fruit/Juice
Milk
Lunch
Beef/Chicken Nachos
Chef Salad
Sliced Peppers w/ Dip
Fruit
Milk
Cookie

Wednesday, Aug. 23
Breakfast
Assorted Muffin w/ Cheese Stick
Cereal Bar
Toast
Fruit/Juice
Milk
Lunch
Deli Sub Sandwich w/ Chips
Pizza Pocket
Veggie Cup
Corn on Cob
Fruit
Milk

Thursday, Aug. 24
Breakfast
Waffle w/ Syrup
Cereal
Fruit/Juice
Milk
Lunch
Italian Dunkers w/ Marinara
Cod Sandwich
Spinach Greens Salad
Peas & Carrots
Fruit
Milk

Friday, Aug. 25
Breakfast
Cinnamon Bun
Cereal Bar
Toast
Fruit/Juice
Milk
Lunch
Cheeseburger Deluxe
Sausage Dog
Cali Blend Veggies
Sweet Potato Fries
Fruit
Milk

Monday, August 28
Breakfast
Sausage, Egg, & Cheese Biscuit
Cereal
Toast
Fruit/Juice
Milk
Lunch
Turkey Club Wrap
Corndog
Baby Carrots
Potato Wedges
Fruit
Milk
Cookie

Tuesday, August 29
Breakfast
Pop Tart
Cereal Bar
Toast
Fruit/Juice
Milk
Lunch <small>NEW</small>
Southwest Chicken Wrap
Cheese Quesadilla
Black Beans
Mixed Vegetables
Fruit
Milk

Wednesday, Aug. 30
Breakfast
Breakfast Pizza
Cereal
Fruit/Juice
Milk
Lunch
Hot Ham Hoagie
Chicken Nuggets w/ Roll
Veggie Cup
Sweet Potato Fries
Fruit
Milk

Thursday, August 31
Breakfast
Grits w/ Sausage
Cereal Bar
Toast
Fruit/Juice
Milk
Lunch
Zesty Spaghetti Casserole
Cod Nuggets
Mixed Greens Salad
Italian Green Beans
Garlic Roll
Fruit
Milk

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!
This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!