

Back to school



Menus for August 2023

Montgomery Public Schools Pre-K

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

Thursday, August 10

Breakfast

Cheese Toast
Sliced Apples
Milk

Lunch

Cheeseburger
Oven Fries
Baby Carrots
Diced Pears
Milk

Friday, August 11

Breakfast

Egg & Cheese Biscuit
Applesauce
Milk

Lunch

Turkey Deli Sub
Potato Wedges
Veggie Cup
Blueberries
Milk



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

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

YOU'RE *STILL* GOOD™



ALL STUDENTS EAT ALL MEALS @ NO COST AGAIN THIS YEAR

MONTGOMERY PUBLIC
SCHOOLS



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

GREAT YEAR

and we can't wait
to serve your meals!



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. No 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

Cereal
Banana
Milk

Lunch

Hot Dog on a Bun
Green beans
Corn on Cob
Tropical Fruit
Milk

Tuesday, August 15

Breakfast



Rise n' Shine Parfait w/
Graham Cracker
Diced Pears
Milk

Lunch

Crispy Chicken Sandwich
Broccoli
Baby Carrots
Sliced Apples
Milk

Wednesday, Aug. 16

Breakfast

Buttered Toast
Applesauce
Milk

Lunch

Assorted Pizza
Mixed Greens Salad
Green Peas
Mandarin Oranges
Milk

Thursday, August 17

Breakfast

Spiced Oatmeal w/
Raisins
Diced Peaches
Milk

Lunch

BBQ Sliders
Glazed Carrots
Baked Beans
Sliced Strawberries
Milk

Friday, August 18

Breakfast

Cereal
Blueberries
Milk

Lunch

Chicken Taco
Pinto Beans
Seasoned Corn
Orange Wedges
Milk

Monday, August 21

Breakfast

French Toast Sticks
Fruit Cocktail
Milk

Lunch

Italian Cheese Bread
Mixed Greens Salad
Lima Beans
Tropical Fruit
Milk

Tuesday, August 22

Breakfast

Cereal
Orange Wedges
Milk

Lunch

Beef Nachos
Garden Salad
Sliced Peppers w/ Dip
Banana
Milk

Wednesday, Aug. 23

Breakfast

Assorted Muffin w/
Cheese Stick
Pineapple Tidbits
Milk

Lunch

Pizza Pocket
Veggie Cup
Corn on Cob
Applesauce
Milk

Thursday, Aug. 24

Breakfast

Waffle w/ Syrup
Sliced Strawberries
Milk

Lunch

Teriyaki Chicken
Fried Rice
Broccoli
Diced Peaches
Milk

Friday, Aug. 25

Breakfast

Cereal
Banana
Milk

Lunch

Cheeseburger
Cali Blend Veggies
Sweet Potato Fries
Pineapple Tidbits
Milk

Monday, August 28

Breakfast

Sausage, Egg, & Cheese
Biscuit
Sliced Apples
Milk

Lunch

Corndog
Baby Carrots
Potato Wedges
Fruit Cocktail
Milk

Tuesday, August 29

Breakfast

Cereal
Tropical Fruit
Milk

Lunch

Cheese Quesadilla
Black Beans
Mixed Vegetables
Sliced Apples
Milk

Wednesday, Aug. 30

Breakfast

Breakfast Pizza
Diced Peaches
Milk

Lunch

Chicken Nuggets w/ Roll
Veggie Cup
Sweet Potato Fries
Blueberries
Milk

Thursday, August 31

Breakfast

Grits w/ Sausage
Pineapple Tidbits
Milk

Lunch

Zesty Spaghetti Casserole
Mixed Greens Salad
Italian Green Beans
Garlic Roll
Diced Pears
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!