

# Back to school



## Menus for August 2023

Montgomery Public Schools Snack/Supper

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

#### Snack

Sun Chips  
Juice

#### Supper

Cheese Quesadilla  
Veggie Cup  
Fruit  
Milk

Friday, August 11

#### Snack

Yogurt  
Granola

#### Supper

Corndog  
Baby Carrots  
Fruit  
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



We're SO GLAD to see you!

It's going to be a

# GREAT YEAR

and we can't wait  
to serve your meals!

# YOU'RE *STILL* GOOD

TM



## ALL STUDENTS EAT ALL MEALS @ NO COST AGAIN THIS YEAR

MONTGOMERY PUBLIC  
SCHOOLS



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



**F**lavored 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
<b><u>Snack</u></b> Cereal Banana Milk
<b><u>Supper</u></b> Chicken Wrap Corn Fruit Milk

Tuesday, August 15
<b><u>Snack</u></b> Cereal Bar Milk
<b><u>Supper</u></b> Pizza Pocket Baby Carrots Fruit Milk

Wednesday, Aug. 16
<b><u>Snack</u></b> Pretzels Juice
<b><u>Supper</u></b> Turkey and Cheese Roll-Up Celery Sticks Fruit Milk

Thursday, August 17
<b><u>Snack</u></b> Yogurt Baby Carrots
<b><u>Supper</u></b> Hot Dog Veggie Cup Fruit Milk

Friday, August 18
<b><u>Snack</u></b> Cheese Crackers Milk
<b><u>Supper</u></b> Cheeseburger Corn Fruit Milk

Monday, August 21
<b><u>Snack</u></b> Cereal Bar Milk
<b><u>Supper</u></b> Pizza Celery Sticks Fruit Milk

Tuesday, August 22
<b><u>Snack</u></b> Cheese Crackers Juice
<b><u>Supper</u></b> Turkey and Cheese Roll -Up Baby Carrots Fruit Milk

Wednesday, Aug. 23
<b><u>Snack</u></b> Baby Carrots Juice
<b><u>Supper</u></b> Corn Dog Veggie Cup Fruit Milk

Thursday, Aug. 24
<b><u>Snack</u></b> Yogurt Banana
<b><u>Supper</u></b> Cheese Quesadilla Corn Fruit Milk

Friday, Aug. 25
<b><u>Snack</u></b> Cereal Bar Milk
<b><u>Supper</u></b> Pizza Baby Carrots Fruit Milk

Monday, August 28
<b><u>Snack</u></b> Cheese Stick Saltine Crackers
<b><u>Supper</u></b> Cheeseburger Corn on Cob Fruit Milk

Tuesday, August 29
<b><u>Snack</u></b> Cereal Bar Applesauce
<b><u>Supper</u></b> Corn Dog Baby Carrots Fruit Milk

Wednesday, Aug. 30
<b><u>Snack</u></b> Yogurt Banana
<b><u>Supper</u></b> Chicken Wrap Celery Sticks Fruit Milk

Thursday, August 31
<b><u>Snack</u></b> Sun Chips Cheese Stick
<b><u>Supper</u></b> Hotdog Veggie Cup 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!*