

# AUGUST 2024

## BREAKFAST



Myles City Public Schools

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**



**Nutrition Tip:** Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



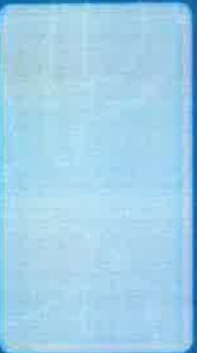
**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



FIRST DAY OF SCHOOL!  
NO BREAKFAST OFFERED

BREAKFAST SANDWICH  
BANANA

MUFFIN  
STRING CHEESE  
MIXED FRUIT

POPTART  
HARD BOILED EGG  
APPLE

PAREAIT  
OATS  
BERRIES

# AUGUST 2024

## LUNCH



Miles City Public Schools

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**August is National Panini Month!** A panini is a sandwich made on delicious Italian bread, loaded with meat, cheese and veggies and grilled to perfection. Experiment with different toppings to find your perfect panini!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5



1

2

6

13

7

8

9

12

19

14

15

16

19

20

21

22

23

26

27

28

29

30

HAYSTACKS  
FRESH VEGGIES  
MANDARIN ORANGES

PIZZA  
CARROT/CELERY  
PINEAPPLE

CHICKEN BURGER  
PICKLES/CUCCUMBERS  
PEARS

CORN DOG  
BAKED BEANS  
BANANA

EARLY RELEASE NO LUNCH!

# SEPTEMBER 2024

## BREAKFAST



Miles City Public Schools

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**September is National Biscuit Month.** Try a breakfast sandwich on a biscuit or try out a new recipe with chicken and biscuits this month!



### MONDAY

Labor Day

2

CEREA  
STRING CHEESE  
FRESH FRUIT

3

### TUESDAY



9

CEREA  
STRING CHEESE  
FRESH FRUIT

10

SASUAGE BISCUIT  
BANANA



16

CEREA  
STRING CHEESE  
FRESH FRUIT

17

BREAKFAST SANDWICH  
ORANGE SMILE



23

CEREA  
STRING CHEESE  
FRESH FRUIT

24

EGG/CHEESE ENGLISH  
MUFFIN  
BANANA



30

CEREA  
STRING CHEESE  
FRESH FRUIT

### WEDNESDAY

HARD BOILED EGG  
STRING CHEESE  
CRACKERS  
APPLE SLICES

4

HARD BOILED EGG  
STRING CHEESE  
ANIMAL CRACKERS  
JUICE BAR

11

HARD BOILED EGG  
STRING CHEESE  
SCOOBY SNACKS  
PEARS

18

HARD BOILED EGG  
STRING CHEESE  
GOLD FISH  
MIXED FRUIT

25

CHEESE CROISSANT  
YOGURT  
PEACHES

5

PARFAIT  
OATS  
BERRIES

12

PARFAIT  
OATS  
BERRIES

19

NO SCHOOL



23

CEREA  
STRING CHEESE  
FRESH FRUIT



30

CEREA  
STRING CHEESE  
FRESH FRUIT

### THURSDAY

PARFAIT  
OATS  
BERRIES

6

NO SCHOOL

13

NO SCHOOL

20

NO SCHOOL



23

CEREA  
STRING CHEESE  
FRESH FRUIT



30

CEREA  
STRING CHEESE  
FRESH FRUIT

### FRIDAY

PARFAIT  
OATS  
BERRIES

6

NO SCHOOL

13

NO SCHOOL

20

NO SCHOOL



23

CEREA  
STRING CHEESE  
FRESH FRUIT



30

CEREA  
STRING CHEESE  
FRESH FRUIT



# SEPTEMBER 2024

## LUNCH



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**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY

**Labor Day**

2

FRENCH TOAST STICKS  
YOGURT/GRANOLA  
HASH BROWN  
JUICE BAR

9

GOOEY GRILLED CHEESE  
TATER TOTS  
THREE SISTER SALAD  
MIX FRUIT

16

PASTA WITH MONTANA  
MARINARA  
CHEESY BREADSTICK  
BUTTERED PEAS  
PEARS

23

NACHOS  
CORN  
SLICED APPLES

30

### TUESDAY

3

ITALIAN DUNKERS  
BREADSTICK  
FRESH VEGGIE  
FRESH FRUIT

10

LOADED TOTS  
WITH TACO MEAT AND  
CHEESE SAUCE  
BROCCOLI  
BANANA

17

SLOPPY JOES  
CHIPS  
BAKED BEANS  
FRESH FRUIT

24

BACON CHEESE BURGER  
SMILES  
PICKLES  
GRAPES

4

CHICKEN NUGGETS  
SMILES  
CORN NIBLETS  
APPLE

11

CHICKEN QUESADILLA  
GREEN BEANS  
FROZEN FRUIT CUPS

18

CHICKEN TENDERS  
POTATO WEDGES  
HONEY CARROT COINS  
PEARS

25

LEMON CHICKEN  
RICE  
BELL PEPPERS  
PINEAPPLE

5

BBQ PULLED PORK  
CREAMY COLESLAW  
BAKED BEANS  
ORANGE

12

HOT DOG  
CHIPS  
CAULIFLOWER/PICKLES  
MIXED FRUIT

19

PB&J  
CHIPS  
CARROTS/CELERY  
APPLES

26

TACO BOWL  
BELL PEPPERS  
FRUIT CUP

6

CHICKEN BOWL  
CORN  
DICED PEACHES

13

NO SCHOOL

20

NO SCHOOL

27

NO SCHOOL

