

# Sidney Public Schools

# September 2014



| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| <b>1</b><br><br><b>No School</b>   | <b>2</b><br>Taco Salad<br>Mandarin Oranges                       | <b>3</b><br>Hot Ham & Cheese<br>Cheesy Potatoes<br>Gelatin<br>Pears                        | <b>4</b><br>Hamburger Gravy<br>Mashed Potatoes<br>Green Beans<br>Peaches<br>Hot Roll | <b>5</b><br>Hot Dog<br>Tater Tots<br>Pineapple Tidbits                                  |
| <b>8</b><br>Chicken Alfredo<br>Pasta<br>Garlic Toast<br>Mandarin Oranges               | <b>9</b><br>Soft Shell Tacos<br>Fresh Fruit                      | <b>10</b><br>Chicken Patty Cheesy<br>Potatoes<br>Strawberry Banana<br>Sauce<br>Green Beans | <b>11</b><br>Chicken Fried Steak<br>Potatoes & Gravy<br>Corn<br>Pears<br>Dinner Roll | <b>12</b><br>Deli Sandwich<br>Sun chips<br>Raw Veggies<br>Peaches<br>Krispie Treat      |
| <b>15</b><br>Pork Roast<br>Potatoes & Gravy<br>Vegetable<br>Green Beans<br>Dinner roll | <b>16</b><br>Super Nachos<br>Tater Tots<br>Fruit Fluff           | <b>17</b><br>Sloppy Joes<br>Vegetable<br>Medley<br>Baked Beans<br>Applesauce               | <b>18</b><br>French toast<br>Sausage Links<br>Hash Brown<br>Orange Wedges            | <b>19</b><br>Toasted Cheese<br>Tomato Soup<br>Pears<br>Pudding Cup                      |
| <b>22</b><br>Cheeseburger<br>French Fries<br>Mandarin Oranges                          | <b>23</b><br>Burritos<br>Romaine & Tomato<br>Salad<br>Applesauce | <b>24</b><br>PB&J Sandwiches<br>Chicken Noodle<br>Soup<br>Carrot Sticks<br>Banana          | <b>25</b><br>Spaghetti<br>Tossed Salad<br>Garlic Toast<br>Pears                      | <b>26</b><br>Smart Pizza (C&W)<br>Tossed Salad<br>Stir Fry (M&H)<br>Baked Rice<br>Fruit |
| <b>29</b><br>Chicken Nuggets<br>Potatoes & Gravy<br>Grapes<br>Dinner Roll              | <b>30</b><br>Chicken Taco Salad<br>Apricots<br>Muffin            | <b>1</b>   | <b>2</b>   | <b>3</b>  |



Simple Tips to Building  
A Healthy Plate

1. Make half your plate fruits and vegetables.
2. Make at least half your grains whole grains
3. Drink water or milk instead of sugary drinks



**Schools Meals are Setting  
Healthy Plates for  
Healthy Kids!**

Contact the school food service department to see what healthy changes we are making!  
(406) 433-2330