

WELCOME BACK!!!

Menus for September 2021

South Side High and Middle School

This institution is an equal opportunity provider. Menus are subject to change.



We're **SO GLAD** to see you again! It's going to be a **GREAT YEAR!**



9/11/2001 ♦ We Remember

HERB/SPICE

Thyme



Herbs and spices are plants that are used to flavor food. Many cooks use thyme in meat dishes (especially lamb), soups, and stews. It will grow easily in any garden and return year after year. Thyme has such fantastic flavor that it is even used in mouthwash!

OF THE MONTH

Wednesday, September 1

Chicken Tenders
Or
Deli Sandwich or Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

Thursday, September 2

Mozzarella Sticks
Dipping Sauce
Or
Deli Sandwich or Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

Friday, September 3

Pizza Slice
Or
Deli Sandwich or Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk



What's on **YOUR** plate?

How come watermelon is such a great choice?

The MyPlate graphic advises us to make half of each meal fruits and vegetables – and that's one of the things that makes

watermelon such a great choice! It's not only delicious, and often locally-grown, and loaded with vitamins A and C and potassium, but watermelon also fills up your plate!



NO SCHOOL MONDAY, SEPTEMBER 6

Tuesday, September 7

School Closed Rosh Hashana

Wednesday, September 8

School Closed Rosh Hashana

Thursday, September 9

Chicken Tenders
Or
Deli Sandwich or Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

Friday, September 10

Pizza Slice
Or
Deli Sandwich or Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, September 13

Chicken Tenders
Or
Deli Sandwich or
Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

Tuesday, September 14

Twin Tacos on Soft
or Hard Shell
Lettuce, Tomato &
Cheese
Black Beans
Or
Deli Sandwich or
Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

Wednesday, September 15

Mozzarella Sticks
Dipping Sauce
Or
Deli Sandwich or
Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

Thursday, September 16

School Closed
Yom Kippur

Friday, September 17

Pizza Slice
Or
Deli Sandwich or
Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

This year's price: \$0
You good with that?

All of our complete meals are always

NO CHARGE
for all students
Through June 2022

Monday, September 20

Chicken Tenders
Or
Deli Sandwich or
Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

Tuesday, September 21

Nacho Platter
Seasoned Beef
Lettuce, Tomato &
Cheese
Black Beans
Or
Deli Sandwich or
Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

Wednesday, September 22

Pizza Crunchers
Or
Deli Sandwich or
Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

Thursday, September 23

Popcorn Chicken
Or
Deli Sandwich or
Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

Friday, September 24

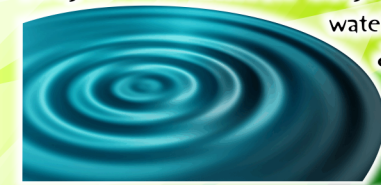
Pizza Slice
Or
Deli Sandwich or
Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, September 27

Chicken Tenders
Or
Deli Sandwich or
Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

Tuesday, September 28

Twin Tacos on Soft
or Hard Shell
Lettuce, Tomato &
Cheese
Black Beans
Or
Deli Sandwich or
Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

Wednesday, September

Mozzarella Sticks
Dipping Sauce
Or
Deli Sandwich or
Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

Thursday, September 30

Pizza Crunchers
Or
Deli Sandwich or
Salad

Fresh Vegetable
Fresh Fruit

Choice of Milk

NUTRITION TO GO

Tomatoes are one of the few foods that contain lycopene, which studies have shown to help prevent cancer. Your body absorbs more lycopene when a meal also contains a little fat, perhaps from olive oil or cheese. Cooked or processed tomatoes (as in tomato sauce) also increase lycopene absorption.

A QUICK BITE FOR PARENTS