

# Spoon River Valley CUSD#4

www.spoon-river.k12.il.us

## Food Bytes

### Every Kid Healthy

*Every Kid Healthy™ Week* is an event designed to celebrate schools' wellness achievements. It occurs the last week of April each year. This special week shines a spotlight on kids' health and provides an opportunity for everyone in the country to get involved in helping kids eat right, be active and stay healthy.

To celebrate *Every Kid Healthy Week*, schools can promote healthy eating, nutrition education, and physical education and activity:

- Host a healthy taste test with fruits, veggies, whole grains or lowfat dairy.
- Ask the PE teacher or a local gym to provide a Zumba or yoga class for students, school staff and their families.
- Host a recreational field day for students. Invite families to participate.
- Challenge students, staff and their families to do a school walk-a-thon.

Get involved:

- Join us in the cafeteria, in the classroom and on the playground during *Every Kid Healthy Week* to help schools celebrate healthy school environments.
- Take the *Every Kid Healthy* pledge.

**Nutrilink:** Learn more about *Every Kid Healthy Week* and how you can help at [www.actionforhealthykids.org](http://www.actionforhealthykids.org).

## K-12 Breakfast Menu

# April 2017

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
Pancakes w/ syrup 100% Fruit Juice Fruit	WG Cinnamon Roll 100% Fruit Juice Fruit	Breakfast Pizza 100% Fruit Juice Fruit	English Muffin w/ Sausage 100% Fruit Juice Fruit	WG Muffin 100% Fruit Juice Fruit
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
WG Cereal NutriGrain Bar 100% Fruit Juice Fruit	Cream Cheese Mini Bagels 100% Fruit Juice Fruit	Breakfast Boats 100% Fruit Juice Fruit		
Monday, April 17	Tuesday, April 18	Wednesday, April 19	Thursday, April 20	Friday, April 21
	Oatmeal Bar Yogurt Cup 100% Fruit Juice Fruit	WW Bagel 100% Fruit Juice Fruit	Quick Blueberry Bubble Bread 100% Fruit Juice Fruit	Breakfast Pizza 100% Fruit Juice Fruit
Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28
WG Cereal String Cheese 100% Fruit Juice Fruit	Pancake on Stick w/ syrup 100% Fruit Juice Fruit	Biscuit & Gravy 100% Fruit Juice Fruit	Sausage Breakfast Sandwich 100% Fruit Juice Fruit	WG Muffin 100% Fruit Juice Fruit
				<div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #f0f0f0;"> <p>1% Low-fat Milk &amp; Fat Free Chocolate Milk offered with Breakfast and Lunch</p> </div>

**Menus are subject to change.**

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This institution is an equal opportunity provider.