

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.

7-12 Lunch Menu

April 2017

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
A-Pig in a Blanket B-Chicken Parmesan Sub Roasted Red Potatoes Broccoli w/ cheese Fruit	A-Crispy Chicken Wrap B-Ham & Cheese on Pretzel Bun Spanish Brown Rice Romaine & Tomato Fresh Cauliflower Fruit	A-Spaghetti w/ meat sauce B-Tater Tot Casserole Garlic Bread Garden Salad Corn Fruit	A-Taco Salad B-Santa Fe Wrap Tortilla Chips & Salsa Refried Beans Cinnamon Puff Fruit	A-Crispy Chicken Drumstick B-Chef's Choice Mashed Potatoes & Gravy Green Beans Fruit
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
A-Mini Meatball Sub B-Buffalo Chicken Sandwich Ranch Potato Wedges Peas Fruit	A-Pizza B-Chef's Choice Broccoli Potato Chips Fruit			
Monday, April 17	Tuesday, April 18	Wednesday, April 19	Thursday, April 20	Friday, April 21
	A-Corn Dog B-Crispito Green Beans Tater Tots Cookie Fruit	A-BBQ Pork Rib on bun B-Turkey & Cheese Wrap Romaine & Tomato Sweet Potato Puffs Fruit	A-Taco Soup B-Sub Bar Broccoli Florets Potato Chips Fruit	A- Chicken Quesadilla B-Walking Taco Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12) Refried Beans, Fruit
Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28
A-Hamburger on Bun B-Chicken Patty on Bun Romaine & Tomato Slice Oven Fries Fruit	A-Chili B-Grilled Chicken Tortilla Chips (9-12) Red Bell Pepper Strips Cinnamon Roll Fruit	A-Chicken Nuggets B-Homemade Salisbury Steaks WW Roll Mashed Potatoes & Gravy Tossed Salad Fruit	A-Baked Ham B-Popping Chic Bowl WG Biscuit Apple Glazed Sweet Potatoes Green Beans Honey Apple Crisp (9-12), Fruit	A-Mac & Cheese w/ meatballs B-Mini Corndogs WW Bread Seasoned Peas Baby Carrots Fruit
				

Menus are subject to change.

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This institution is an equal opportunity provider.