

Spoon River Valley CUSD#4

www.spoon-river.k12.il.us

Food Bytes

Walk to School Day

Kids from communities around the world walk, bike or roll in a wheel chair to school on Walk to School Day. The 2017 event is scheduled for October 4.

How to Walk, Bike or Wheel to School?

- Involve students of all abilities—kids who can walk, bike or use a wheel chair.
- Plan for kids who ride the bus to be dropped off 1-2 blocks away. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.



Nutrilink: www.walkbiketoschool.org

September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month

7-12 Lunch Menu

September 2017

				Friday, September 1
<div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> 1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch </div>				
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
	A-Crispy Chicken Drumstick B-Cheesy Ham Mac Whole Wheat Roll Baked Beans Creamy Cole Slaw Fruit	A-Ham and Beans B-Beef Stroganoff Cornbread Muffin Cherry Tomatoes Fruit	A- Pizza B-Irish Nachos Broccoli Florets Fresh Baby Carrots Fruit	A-Chicken & Noodles B-Meatloaf Whole Wheat Roll Fresh baby Carrots Mashed Potatoes Fruit
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
A-BBQ Pork Rib on a Bun B-Turkey & Cheese Wrap Dark Green Leaf Lettuce & Tomato Slice Sweet Potato Puffs, Fruit	A-Taco Soup B-Sub Bar Tortilla Chips & Tomato Salsa Fruit	A-Corn Dog B-Nachos Supreme Green Beans Tater Tots Snickerdoodle Fruit	A-Chicken Quesadilla B-Walking Taco Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12) Refried Beans Fruit	A-Cowboy Cavatini B-Crispito Whole Wheat Roll Seasoned Corn Garden Salad Fruit
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
A-Hamburger on a Bun B-Chicken Patty on Bun Dark Green Leaf Lettuce Tomato Slice Fruit	A-Chili B-Grilled Chicken Tortilla Chips (9-12) Red Bell Pepper Strips Cinnamon Roll Fruit	A-Chicken Nuggets B-Homemade Salisbury Steaks Whole Wheat Roll Mashed Potatoes & Gravy Tossed Salad Fruit	A-Baked Ham B-Popping Chix Bowl Whole Grain Biscuit Apple Glazed Sweet Potatoes Green Beans Honey Apple Crisp (9-12), Fruit	A-Mac & Cheese and Meatballs B-Mini Corndogs Whole Wheat Bread Seasoned Peas Fresh Baby Carrots Fruit
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
A-Hot Ham & Cheese on bun B-General Tso Chicken w/rice Potato Wedges Broccoli Florets Fruit	A-Pizza B-Turkey on Pretzel Bun Tossed Salad Cherry Tomatoes Fruit	A-Taco Burger on Bun B-Hamburger on Bun Tortilla Chips & Salsa Romaine Lettuce Tomato Slice Refried Beans Fruit	A-Lasagna B-Chix Rings Garlic Bread Garden Salad Fruit	

Menus are subject to change.

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This institution is an equal opportunity provider.