

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

K-6 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>				Chicken & Noodles Mashed Potatoes Fresh Baby Carrots Fruit
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
	Crispy Chicken Drumstick Whole Wheat Roll Baked Beans Creamy Cole Slaw Fruit	Ham and Beans Cornbread Muffin Cherry Tomatoes Fruit	Pizza Broccoli Florets Fresh Baby Carrots Fruit	Biscuits & Gravy Wax Beans Hash Brown Patty Fruit
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
BBQ Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Slice Sweet Potato Puffs Fruit	Taco Soup Tortilla Chips & Tomato Salsa Fruit	Corn Dog Green Beans Tater Tots Snickerdoodle Fruit	Chicken Quesadilla Refried Beans Fruit	Cowboy Cavatini Whole Wheat Roll Seasoned Corn Garden Salad Fruit
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Fruit	Chili Red Bell Pepper Strips Cinnamon Roll Fruit	Chicken Nuggets Whole Wheat Roll Mashed Potatoes & Gravy Tossed Salad Fruit	Baked Ham Whole Grain Biscuit Apple Glazed Sweet Potatoes Green Beans Fruit	Mac & Cheese and Meatballs Seasoned Peas Fresh Baby Carrots Fruit
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Hot Ham & Cheese on bun Potato Wedges Broccoli Florets Fruit	Pizza Tossed Salad Cherry Tomatoes Fruit	Taco Burger on Bun Tortilla Chips & Salsa Romaine Lettuce Tomato Slice Refried Beans Fruit	Lasagna Garlic Bread Garden Salad Fruit	

Menus are subject to change.

Spoon River Valley CUSD #4 35265 N IL Hwy 97 London Mills, IL 61544

This institution is an equal opportunity provider.