

K-6 Lunch Menu

January 2018

Food Bytes

Whole School, Whole Community,
 Whole Child

Did you know that in healthy schools, students are more alert and focused on learning and miss less school? They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students which lead to healthier communities.

The Whole School, Whole Community, Whole Child (WSCC) model includes:

- Health Education
- Physical Education/Activity
- Nutrition Environment & Services
- School Health Services
- Counseling, Psychological & Social Services
- Social & Emotional Climate
- Physical Environment
- Staff Wellness
- Family Engagement
- Community Involvement

With all 10 components in place and working together, students will be healthier in school and ready to learn. Support the health and academic connection at your school.

January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month
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Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
			Chef's Choice For Entrée, Grain, Vegetable, and Fruit	Chef's Choice For Entrée, Grain, Vegetable, and Fruit
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Beef & Bean Burrito Tomato Salsa Romaine & Tomato Mexican Corn Fruit	Stromboli Squares Garden Salad Fresh Baby Carrots Fruit	BBQ Beef on Bun Peas Baked Beans Fruit	Turkey & Cheese Sub Romaine & Tomato Slice Sweet Potato Fries Fruit	Country Style Beef Patty Mashed Potato & Gravy Broccoli Fruit
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
No School 	Pig in a Blanket Roasted Red Potatoes Broccoli w/ cheese Fruit	Spaghetti w/ meat sauce Garlic Bread Garden Salad Green Beans Fruit	Taco Salad w/ shell Salsa Red Pepper Spicy Pinto Beans Fruit	Chicken & Noodles Mashed Potatoes Fresh Baby Carrots Fruit
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fruit	BBQ Chix Drumstick WW Roll Baked Beans Creamy Coleslaw Fruit	Beef Stew Cornbread Muffin Cherry Tomatoes Tuscan White Beans Fruit	Pizza Broccoli Florets Baby Carrots Fruit	Biscuit & Gravy Wax Beans Hash Brown Patty Fruit
Monday, January 29	Tuesday, January 30	Wednesday, January 31		1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch
BBQ Pork Rib on Bun Romaine & Tomato Slice Sweet Potato Puffs Fruit	Crispy Chix Drumstick Baked Chips Broccoli Florets Fruit	Corn Dog Green Beans Tater Tots 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.