

K-6 Lunch Menu

March 2018

				Thursday, March 1 Baked Chicken Drumstick WW Roll Fresh Broccoli Cherry Tomatoes Fruit	Friday, March 2 Sloppy Joe on Bun Potato Rounds w/ cheese Red Beans & Rice Fruit
Monday, March 5 Burrito Salsa Romaine & Tomato Mexican Corn Fruit	Tuesday, March 6 Stromboli Square Garden Salad Baby Carrots Fruit	Wednesday, March 7 BBQ Beef on Bun Peas Baked Beans Fruit	Thursday, March 8 Turkey & Cheese Sub Romaine & Tomato Sweet Potato Fries Fruit	Friday, March 9 Country Style Beef Patty Mashed Potato & Gravy Broccoli Fruit	
Monday, March 12 Pig in a Blanket Roasted Red Potatoes Broccoli w/ cheese Fruit	Tuesday, March 13 Pizza Crunchers Sweet Potato Fries Fresh Cauliflower Fruit	Wednesday, March 14 Spaghetti w/ meat sauce Garlic Bread Garden Salad Green Beans Fruit	Thursday, March 15 Taco Salad Salsa Red Pepper Strips Spicy Pinto Beans Fruit	Friday, March 16 Corned Beef Irish Soda Bread Cabbage Red Potatoes Fruit	
Monday, March 19 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fruit	Tuesday, March 20 BBQ Chix Drumstick WW Roll Baked Beans Creamy Coleslaw Fruit	Wednesday, March 21 Chicken & Noodles Mashed Potatoes Fresh Baby Carrots Fruit	Thursday, March 22 Pizza Broccoli Cherry Tomatoes Fruit	Friday, March 23 Biscuit & Gravy Wax Beans Hash Brown Patty Fruit	
Monday, March 26 Chef's Choice for Entrée, Grain, Vegetable, and Fruit	Tuesday, March 27 Chef's Choice for Entrée, Grain, Vegetable, and 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.

Food Bytes

♥ School Breakfast

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...

- Strengthens the brain
- Helps establish healthy eating habits
- Offers an opportunity to try new foods
- Improves mood and behavior
- Gives you energy
- Keeps you healthy.

With all these benefits, why wouldn't you eat breakfast?

Try school breakfast. Most schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and low fat or fat free milk. All students can participate.

March 5-9 is National School Breakfast Week (NSBW). The #NSBW2018 theme is "I ♥ School Breakfast". It encourages everyone to share how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn.

March

- National Nutrition Month
- National Agriculture Day (March 20)
- National School Breakfast Week (March 5-9)