

# Spoon River Valley CUSD#4

www.spoon-river.k12.il.us

## Food Bytes

### Kids Eat Right

Did you know that August is *Kids Eat Right Month*? *Kids Eat Right Month* encourages kids and their families to eat healthy and be active. You can shop smart, cook healthy and eat right together with your family.

**Shop Smart**—You can help with planning menus and shopping for food.

**Cook Healthy**—Be a chef! You can help prepare healthy meals and snacks.

**Eat Right**—Sit down with your family to enjoy a tasty, healthy meal.

**Get Moving**—Be active every day for at least 60 minutes to build strong bones and muscles, promote a healthy weight, support learning and build self-esteem.


**Build Healthy Habits**—Be active every day. Fill half your plate with fruits and veggies, make half your grains whole grains, choose water over sugary drinks, opt for low fat or fat free milk, and pick options lower in sodium, fat and sugar.

*Kids Eat Right*, from the Academy of Nutrition and Dietetics, offers recipes, tips and videos to help kids and their families eat healthy and be active.

## K-5 Lunch Menu

All Grain items are Whole Grain

# August 2019

			Thursday, August 1	Friday, August 2
				
<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; width: 20%;">                     1% low-fat Milk &amp; Chocolate Milk offered with Breakfast and Lunch                 </div> </div>				
Monday, August 5	Tuesday, August 6	Wednesday, August 7	Thursday, August 8	Friday, August 9
Monday, August 12	Tuesday, August 13	Wednesday, August 14	Thursday, August 15	Friday, August 16
				Chef's Choice of Entrée, Grain, Vegetable, & Fruit
Monday, August 19	Tuesday, August 20	Wednesday, August 21	Thursday, August 22	Friday, August 23
Pig in a Blanket Roasted Red Potatoes Broccoli Fruit	Pizza Bites Sweet Potato Fries Cauliflower Fresh Tropical Fruit	Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans Fresh Fruit	Chicken & Noodles Mashed Potatoes Seasoned Corn Mixed Fruit Cup	Mini Tacos Spicy Pinto Beans Red Peppers Fresh Fruit
Monday, August 26	Tuesday, August 27	Wednesday, August 28	Thursday, August 29	Friday, August 30
Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fresh Fruit	Chicken Drumstick Hearth Whole Grain Roll Baked Beans Creamy Cole Slaw Fruit Cocktail	Yummy Sloppy Joe on Bun Cherry Tomatoes Seasoned Peas Fresh Fruit	Chicken & Waffle Fresh Baby Carrots Sassy Sweet Potatoes Citrus Fruit Cup	Mini Pancakes Sausage Patty Wax Beans Hash Brown Patty Fresh Fruit

## August

- Family Meals Month
- Kids Eat Right Month
- National Farmers Market Week (August 5-9)

**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.