

Spoon River Valley CUSD#4

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Families Making the Connection

School Lunch: What's on your Playlist?

Schools across the country will celebrate National School Lunch Week (NSLW) October 14-18. The #NSLW19 student-created theme is "School Lunch: What's on your Playlist?" The theme is tailor-made to spotlight the variety of flavors and recipes available with school lunch.

Ninety-five percent of schools offer the National School Lunch Program serving 30+ million students each day. NSLW will emphasize the healthy foods offered at schools daily including whole grains, fruits, vegetables, low fat dairy and chef-inspired recipes. More schools are also serving locally-sourced produce, grains, milk, eggs, meat, poultry and seafood.

School meals are a healthy, convenient choice for students and families. Based on new standards, school meals offer more fruits, vegetables, legumes, whole grains, low fat or fat free milk and less sodium and fat in right-size portions for students. Healthy school meals give students the fuel they need to be their best.

October

- National Apple Month
- National Farm to School Month
- National School Lunch Week (October 14-18)

K-5 Lunch Menu

All Grain items are Whole Grain Rich.

October 2019

	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
	Pizza Bites Sweet Potato Fries Cauliflower Fresh Tropical Fruit canned	Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans Fresh Fruit	Pizza Baby Carrots Seasoned Corn Fruit Cup	Mini Tacos Spicy Pinto Beans Red Peppers Fresh Fruit
Monday, October 7	Tuesday, October 8	Wednesday, October 9	Thursday, October 10	Friday, October 11
Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fresh Fruit	Chicken Drumstick Hearth Roll Baked Beans Creamy Coleslaw Fruit Cocktail canned	Yummy Sloppy Joe on Bun Cherry Tomatoes Seasoned Peas Fresh Fruit	Chicken & Waffle Fresh Baby Carrots Sassy Sweet Potatoes Fruit Cup	Mini Pancakes Sausage Patty Wax Beans Hash Brown Patty Fresh Fruit
Monday, October 14	Tuesday, October 15	Wednesday, October 16	Thursday, October 17	Friday, October 18
 Columbus Day	Corn Dog Orange Glazed Carrots Broccoli Florets Pineapple canned	Chicken Soft Shell Taco Black Bean & Corn Salsa Refried Beans Fresh Fruit	Cowboy Cavatini Seasoned Corn Italian Veggies Fruit Sidekick	Pizza Peas & Carrots Tater Tots Fresh Fruit
Monday, October 21	Tuesday, October 22	Wednesday, October 23	Thursday, October 24	Friday, October 25
Hamburger on a Bun Romaine Lettuce Tomato Slice Oven Fries Fresh Fruit	Wranglers Chili Cornbread Muffin Red Bell Pepper Strips Tomato & Corn Salad Pears canned	Chicken Nuggets Whole Wheat Roll Mashed Potatoes & Gravy Steamed Broccoli Fresh Fruit	Macaroni & Cheese Meatballs Sunshine Garden Salad Catalina Vegetables Fresh Fruit	
Monday, October 28	Tuesday, October 29	Wednesday, October 30	Thursday, October 31	
Hot Ham & Cheese on a Bun Monaco Vegetables Broccoli Salad Fresh Fruit	Fish Sticks Calico Beans Cherry Tomatoes Peaches canned	Hard Shell Beef Taco Romaine Chopped Tomatoes Diced Mexican Corn Fresh Fruit	Chefs Choice for Meat, Grain, Vegetable, and Fruit 	

Menus are subject to change.

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

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