

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.

Nutrilink: Visit www.kidseatright.org.

August

- Family Meals Month
- Kids Eat Right Month
- National Farmers Market Week (August 7-13)
- National Watermelon Day (August 3)

7-12 Lunch Menu

August 2016

Monday, August 1	Tuesday, August 2	Wednesday, August 3	Thursday, August 4	Friday, August 5
Monday, August 8	Tuesday, August 9	Wednesday, August 10	Thursday, August 11	Friday, August 12
Monday, August 15	Tuesday, August 16	Wednesday, August 17	Thursday, August 18	Friday, August 19
			A-Taco Salad B-Santa Fe Wrap Tortilla Chips & Salsa Refried Beans Cinnamon Puff Fruit	A-Chicken & Noodles B-Meatloaf WW Roll Mashed Potatoes Fresh Baby Carrots Fruit
Monday, August 22	Tuesday, August 23	Wednesday, August 24	Thursday, August 25	Friday, August 26
A-Mini Meatball Sub B-Buffalo Chix Sandwich Ranch Potato Wedges Tossed Salad Fruit	A-BBQ Chix Drumstick B-Cheesy Ham Mac WW Roll Baked Beans Creamy Coleslaw Fruit	A-White Chix Chili B-Beef Stroganoff Cornbread Cherry Tomatoes Cucumber Slices Fruit	A-Cheese Pizza B-Hamburger on bun Broccoli Florets Fresh Baby Carrots Fruit	A-Biscuits & Gravy w/ sausage patty B-Turkey Bacon Flatbread Wax Beans Hash Brown Patty Fruit
Monday, August 29	Tuesday, August 30	Wednesday, August 31		
A-BBQ Rib on Bun B-Turkey & Cheese Wrap Romaine Lettuce Tomato Slice Sweet Potato Puffs Fruit	A-Taco Soup B-Chicken Burrito Tortilla Chips & Salsa Broccoli Fruit	A-Corn Dog B-Nachos Supreme Green Beans Tater Tots Snickerdoodle Fruit		

1% Low-fat Milk
&
Fat Free Chocolate
Milk offered with
Breakfast and Lunch

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.