

# 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](http://www.kidseatright.org).

## August

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

## K-6 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
			Taco Salad Tortilla Chips & Salsa Refried Beans Fruit	Chicken & Noodles Mashed Potatoes Fresh Baby Carrots Fruit
Monday, August 22	Tuesday, August 23	Wednesday, August 24	Thursday, August 25	Friday, August 26
Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fruit	BBQ Chix Drumstick WW Roll Baked Beans Creamy Coleslaw Fruit	White Chix Chili Cornbread Cherry Tomatoes Cucumber Slices Fruit	Cheese Pizza Broccoli Florets Fresh Baby Carrots Fruit	Biscuits & Gravy Wax Beans Hash Brown Patty Fruit
Monday, August 29	Tuesday, August 30	Wednesday, August 31		
BBQ Rib on Bun Romaine Lettuce Tomato Slice Sweet Potato Puffs Fruit	Taco Soup Tortilla Chips & Salsa Broccoli Fruit	Corn Dog Green Beans Tater Tots 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.