

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.

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
			Breakfast Burrito 100% Fruit Juice Fruit	WG Cinnamon Roll 100% Fruit Juice Fruit
Monday, August 22	Tuesday, August 23	Wednesday, August 24	Thursday, August 25	Friday, August 26
WG Cereal Yogurt 100% Fruit Juice Fruit	Biscuit & Gravy 100% Fruit Juice Fruit	Coffeecake 100% Fruit Juice Fruit	Omelet 100% Fruit Juice Fruit	French Toast Sticks w/ syrup 100% Fruit Juice Fruit
Monday, August 29	Tuesday, August 30	Wednesday, August 31		
Pancakes w/syrup 100% Fruit Juice Fruit	WG Cinnamon Roll 100% Fruit Juice Fruit	Breakfast Pizza 100% Fruit Juice Fruit		

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

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

Menus are subject to change.

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