

**Food Bytes**

*Smart Snacks in School*

The Healthy, Hunger-Free Kids Act required the U.S. Department of Agriculture to create nutrition standards for all foods sold in school (school meals and all other foods and beverages) to students. The standards allow schools to offer healthier snacks, while limiting junk food. Smart snacks focus on fruit, veggies, whole grains, dairy and protein foods and limit calories, fat, sugar and salt.


School meals are a healthy, convenient choice for students. Based on new standards, school meals offer more fruits, veggies, legumes, whole grains and low fat or fat free milk and less sodium and fat in right-size portions for students.

Smart school meals and snacks can help students build healthy habits for a lifetime.



K-6 Lunch Menu

**December 2016**

			Thursday, December 1	Friday, December 2
1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch			Turkey & Cheese Sub Romaine Lettuce Tomato Slice Sweet Potato Fries Fruit	Country Style Beef Patty WW Roll Mashed Potato & Gravy Broccoli Fruit
Monday, December 5	Tuesday, December 6	Wednesday, December 7	Thursday, December 8	Friday, December 9
Pig in a blanket Roasted Red Potatoes Broccoli w/cheese Fruit	Chicken Wrap Spanish Brown Rice Romaine Lettuce Tomato Cauliflower Fruit	Spaghetti w/ meat sauce Garlic Bread Garden Salad Green Beans Fruit	Taco Salad Tortilla Chips & Salsa Refried Beans Fruit	Chicken & Noodles Mashed Potatoes Fresh Baby Carrots Fruit
Monday, December 12	Tuesday, December 13	Wednesday, December 14	Thursday, December 15	Friday, December 16
Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fruit	BBQ Chix Drumstick WW Roll Baked Beans Creamy Coleslaw Fruit	White Chix Chili Cornbread Muffin Cherry Tomatoes Cucumber Slices Fruit	Pizza Broccoli Florets Fresh Baby Carrots Fruit	Biscuits & Gravy Wax Beans Hash Brown Patty Fruit
Monday, December 19	Tuesday, December 20	Wednesday, December 21	Thursday, December 22	Friday, December 23
BBQ Pork Rib on bun Romaine Lettuce Tomato Slice Sweet Potato Puffs Fruit	Taco Soup Tortilla Chips & Salsa Broccoli Fruit	<b>Winter Break</b>  		
Monday, December 26	Tuesday, December 27	Wednesday, December 28	Thursday, December 29	Friday, December 30

**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.

**December**

- Pear Month
- Handwashing Week (1st week in December)