

Spoon River Valley CUSD#4

www.spoon-river.k12.il.us

Food Bytes

Dietary Guidelines

Did you know the *Dietary Guidelines for Americans* are published every 5 years by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture? Key elements of the current version of the *Dietary Guidelines* are:

- 1. Follow a healthy eating pattern.** All food and beverage choices matter. Opt for a eating pattern at a calorie level to help you achieve and maintain a healthy body weight, get the nutrients you need, and reduce your risk for obesity, heart disease, diabetes and cancer.
- 2. Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, eat a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- 3. Limit calories from added sugars and saturated fats. Reduce sodium (salt).**
- 4. Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.
- 5. Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns from home to school to work to communities.

Nutrilink:

January

- Family Fit Lifestyle Month
- Salt Awareness Week (January 23-27)

7-12 Lunch Menu

January 2017

Monday, January 2	Tuesday, January 3	Wednesday, January 4	Thursday, January 5	Friday, January 6
No School	No School	A- Hamburger on bun B-Chix Patty on bun Chips Romaine Tomato Slice Fruit	A-Chix Nuggets B-Country Style Beef Patty WW Roll Mashed Potato & Gravy Tossed Salad, Fruit	A-Mac & Cheese w/ meatballs B-Mini Corndogs Bread Peas Baby Carrots Fruit
Monday, January 9	Tuesday, January 10	Wednesday, January 11	Thursday, January 12	Friday, January 13
A-Hot Ham & Cheese on bun B-General Tso Chix w/rice Potato Wedges Broccoli Florets Fruit	A-Pizza B-Turkey on pretzel bun Tossed Salad Cherry Tomatoes Fruit	A-Taco Burger on bun Tortilla Chips B-Hamburger on bun Salsa Romaine Lettuce Tomato Slice Refried Beans, Fruit	A-Lasagna B-Chix Rings Garlic Bread Stick Garden Salad Fruit	A-Chix Patty B-Beef Fiestada Pizza WW Roll Mashed Potatoes & Gravy Cauliflower Fruit
Monday, January 16	Tuesday, January 17	Wednesday, January 18	Thursday, January 19	Friday, January 20
 No School	A-Super Nachos B-Cheesy Chix Burrito Refried Beans Southwestern Lentils Fruit	A-Bosco Sticks B-Country Style Beef Patty w/ roll Seasoned Corn Tossed Salad, Fruit	A-Pulled Pork Sandwich B-Chix Patty on bun Creamy Coleslaw Baked Beans, Fruit	A-Rock & Roll Beef Wrap B-Chicken Quesadilla Carrots Cherry Crisp, Fruit
Monday, January 23	Tuesday, January 24	Wednesday, January 25	Thursday, January 26	Friday, January 27
A- Chicken Tetrzini B-Toasted ravioli w/ meat sauce Garlic Bread Tossed Salad Seasoned Peas Fruit	A-Hamburger on bun B-Sausage Egg Biscuit Romaine Lettuce Tomato Slice Fries Red Bell Pepper Strips, Fruit	A-Beef & Noodles B-Corn Dog Mashed Potato Green Beans Blueberry Oat Muffin Fruit	A-Baked Chix Drumstick B-Baked Potato Bar Savory Rice WW Roll Fresh Broccoli Cherry Tomatoes, Fruit	A-Sloppy Joe on bun B-Soft Shell Taco Roasted Red Potatoes Edamame Fruit
Monday, January 30	Tuesday, January 31			
A-Beef & Bean Burrito B-Chix Soft Shell Taco Tortilla Chips (9-12) Salsa Romaine & Tomato Mexican Corn Fruit	A-Stromboli w/ breadstick B-Buffalo Chix Pizza Garden Salad Baby Carrots, Fruit			

Menus are subject to change.

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

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This institution is an equal opportunity provider.