

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:

K-12 Breakfast Menu

January 2017

| Monday, January 2 | Tuesday, January 3 | Wednesday, January 4 | Thursday, January 5 | Friday, January 6 |
|---|--|--|--|---|
| No School | No School | WG Cereal Yogurt 100% Fruit Juice Fruit | Biscuits & Gravy 100% Fruit Juice Fruit | French Toast Sticks w/syrup 100% Fruit Juice Fruit |
| Monday, January 9 | Tuesday, January 10 | Wednesday, January 11 | Thursday, January 12 | Friday, January 13 |
| Pancakes w/syrup 100% Fruit Juice Fruit | WG Cinnamon Roll 100% Fruit Juice Fruit | Breakfast Pizza 100% Fruit Juice Fruit | English Muffin w/sausage 100% Fruit Juice Fruit | WG Muffin 100% Fruit Juice Fruit |
| Monday, January 16 | Tuesday, January 17 | Wednesday, January 18 | Thursday, January 19 | Friday, January 20 |
|  | Cream Cheese Mini Bagels 100% Fruit Juice Fruit | Breakfast Boats 100% Fruit Juice Fruit | Chicken Biscuit Sandwich 100% Fruit Juice Fruit | Pancake on stick w/ syrup 100% Fruit Juice Fruit |
| Monday, January 23 | Tuesday, January 24 | Wednesday, January 25 | Thursday, January 26 | Friday, January 27 |
| French Toast Sticks w/syrup 100% Fruit Juice Fruit | Oatmeal Bar Yogurt 100% Fruit Juice Fruit | WW Bagel 100% Fruit Juice Fruit | Quick Blueberry Bubble Bread 100% Fruit Juice Fruit | Breakfast Pizza 100% Fruit Juice Fruit |
| Monday, January 30 | Tuesday, January 31 | | | |
| WG Cereal String Cheese 100% Fruit Juice Fruit | Pancake on stick w/syrup 100% Fruit Juice 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.

January

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