

Spoon River Valley CUSD#4

www.spoon-river.k12.il.us

Food Bytes

Walk to School Day

What is Walk to School Day? Kids from communities around the world walk, bike or roll in a wheel chair to school on the same day. *Walk to School Day* 2016 is October 5.

Why Walk, Bike or Wheel to School?

- Fun—Walking, biking and wheeling to school with friends is fun!
- Healthier Habits—The trip to school is a chance for kids (and adults) to be active.
- Cleaner Environment—Replacing vehicle trips with walking or biking can reduce congestion and air-polluting emissions.
- Promoting Safety—Building sidewalks, creating bike lanes or crosswalks, providing education and adding traffic calming measures improve safety.
- Community Benefits—Reducing traffic congestion and improving neighborhood connections benefit the community.



How to Walk, Bike or Wheel to School?

- Involve students of all abilities—kids who can walk, bike or use a wheel chair.
- Plan for kids who ride the bus to be dropped off 1-2 blocks away. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.

Nutrilink: www.walkbiketoschool.org

7-12 Lunch Menu

September 2016

			Thursday, September 1	Friday, September 2
	1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch		A- Chix Quesadilla B-Walking Taco Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12) Refried Beans Fruit	A-Cowboy Cavatini B-Shepard's Pie WW Roll Seasoned Corn Garden Salad Fruit
Monday, September 5	Tuesday, September 6	Wednesday, September 7	Thursday, September 8	Friday, September 9
	A- Chili Tortilla Chips (9-12) B-Grilled Chicken Red Bell Pepper Strips Cinnamon Roll Fruit	A-Chicken Nuggets B-Country Style Beef Patty WW Roll Mashed Potatoes & Gravy Tossed Salad, Fruit	A-Baked Ham B-Popping Chix Bowl WG Biscuit Apple Glazed Sweet Potatoes Apple Crisp (9-12) Green Beans, Fruit	A-Mac & Cheese w/ Meatballs B-Mini Corndogs WW Bread Seasoned Peas Fresh Baby Carrots Fruit
Monday, September 12	Tuesday, September 13	Wednesday, September 14	Thursday, September 15	Friday, September 16
A-Hot Ham & Cheese on bun B-General Tso Chicken w/rice Potato Wedges Broccoli Florets Fruit	A-Pizza B-Turkey on Pretzel Bun Tossed Salad Cherry Tomatoes Fruit	A-Taco Burger on Bun B-Hamburger on Bun Tortilla Chips & Salsa Romaine Lettuce Tomato Slice Refried Beans, Fruit	A-Lasagna B-Chix Rings Garlic Bread Garden Salad Fruit	A-Chicken Patty B-Beef Fiestada Pizza WW Roll Mashed Potatoes & Gravy Cauliflower, Fruit
Monday, September 19	Tuesday, September 20	Wednesday, September 21	Thursday, September 22	Friday, September 23
A-Sweet and Sour Chicken Nuggets w/ rice B-Meatball Sub Asian Fresh Veggies Cherry Tomatoes Fruit	A-Super Nachos B-Cheesy Chix Burrito Refried Beans Southwestern Lentils Fruit	A-Bosco Stick w/ marinara sauce B-Beef Fingers w/gravy WW Roll Seasoned Corn Tossed Salad Fruit	A-Pulled Pork Sandwich B-Chicken Patty on Bun Creamy Coleslaw Baked Beans Fruit	
Monday, September 26	Tuesday, September 27	Wednesday, September 28	Thursday, September 29	Friday, September 30
A-Chicken Tetrazzini B-Toasted Ravioli w/ meat sauce Garlic Bread Tossed Salad Seasoned Peas Fruit	A-Hamburger on bun B-Sausage Biscuit Romaine Lettuce Tomato Slice Oven Fries Red Bell Pepper Strips Fruit	A-Beef & Noodles B-Corn Dog Mashed Potatoes Green Beans Blueberry Oat Muffin Fruit	A-Baked Chicken Drumstick B-Baked Potato Bar Savory Rice WW Roll Broccoli Cherry Tomatoes, Fruit	A-Sloppy Joe on bun B-Soft Shell Taco Roasted Red Potatoes Edamame Fruit

Menus are subject to change.

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This institution is an equal opportunity provider.

September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month