

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

K-12 Breakfast Menu September 2016

			Thursday, September 1	Friday, September 2
	1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch		English Muffin w/ Sausage 100% Fruit Juice Fruit	WG Muffin 100% Fruit Juice Fruit
Monday, September 5	Tuesday, September 6	Wednesday, September 7	Thursday, September 8	Friday, September 9
	Cream Cheese Mini Bagels 100% Fruit Juice Fruit	Breakfast Boats 100% Fruit Juice Fruit	Chicken Biscuit Breakfast Sandwich 100% Fruit Juice Fruit	Pancake on Stick w/syrup 100% Fruit Juice Fruit
Monday, September 12	Tuesday, September 13	Wednesday, September 14	Thursday, September 15	Friday, September 16
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, September 19	Tuesday, September 20	Wednesday, September 21	Thursday, September 22	Friday, September 23
WG Cereal String Cheese 100% Fruit Juice Fruit	Pancake on Stick w/syrup 100% Fruit Juice Fruit	Biscuit & Gravy 100% Fruit Juice Fruit	Sausage Breakfast Sandwich 100% Fruit Juice Fruit	WG Muffin 100% Fruit Juice Fruit
Monday, September 26	Tuesday, September 27	Wednesday, September 28	Thursday, September 29	Friday, September 30
Waffles w/ syrup 100% Fruit Juice Fruit	WG Donut 100% Fruit Juice Fruit	WW Bagel 100% Fruit Juice Fruit	Breakfast Burrito 100% Fruit Juice Fruit	WG Cinnamon Roll 100% Fruit Juice Fruit

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.

September

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