

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-6 Lunch Menu

September 2016

| | | | Thursday, September 1 | Friday, September 2 |
|---|--|---|---|--|
| | 1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch | | Chix Quesadilla Refried Beans Fruit | Cowboy Cavatini WW Roll Seasoned Corn Garden Salad Fruit |
| Monday, September 5 | Tuesday, September 6 | Wednesday, September 7 | Thursday, September 8 | Friday, September 9 |
|  | Chili Red Bell Pepper Strips Cinnamon Roll Fruit | Chicken Nuggets WW Roll Mashed Potatoes & Gravy Tossed Salad Fruit | Baked Ham WG Biscuit Apple Glazed Sweet Potatoes Green Beans Fruit | Mac & Cheese w/ Meatballs Seasoned Peas Fresh Baby Carrots Fruit |
| Monday, September 12 | Tuesday, September 13 | Wednesday, September 14 | Thursday, September 15 | Friday, September 16 |
| Hot Ham & Cheese on bun Potato Wedges Broccoli Florets Fruit | Pizza Tossed Salad Cherry Tomatoes Fruit | Taco Burger on Bun Romaine Lettuce Tomato Slice Refried Beans Fruit | Lasagna Garlic Bread Garden Salad Fruit | Chicken Patty WW Roll Mashed Potatoes & Gravy Cauliflower Fruit |
| Monday, September 19 | Tuesday, September 20 | Wednesday, September 21 | Thursday, September 22 | Friday, September 23 |
| Sweet and Sour Chicken Nuggets Seasoned Rice Asian Fresh Veggies Cherry Tomatoes Fruit | Super Nachos Refried Beans Southwestern Lentils Fruit | Bosco Stick w/ marinara sauce Seasoned Corn Tossed Salad Fruit | Pulled Pork Sandwich Creamy Coleslaw Baked Beans Fruit |  |
| Monday, September 26 | Tuesday, September 27 | Wednesday, September 28 | Thursday, September 29 | Friday, September 30 |
| Chicken Tetrassini Garlic Bread Tossed Salad Seasoned Peas Fruit | Hamburger on bun Romaine Lettuce Tomato Slice Oven Fries Red Bell Pepper Strips Fruit | Beef & Noodles Mashed Potatoes Green Beans Fruit | Baked Chicken Drumstick Savory Rice Broccoli Cherry Tomatoes Fruit | Sloppy Joe on bun Roasted Red Potatoes Edamame 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