

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:

December 2017

				Friday, December 1
<div style="border: 2px solid red; border-radius: 15px; padding: 5px; text-align: center;"> 1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch </div>				Chicken Patty WW Roll Mashed Potato & Gravy Cauliflower Fruit
Monday, December 4	Tuesday, December 5	Wednesday, December 6	Thursday, December 7	Friday, December 8
Super Nachos Refried Beans Southwestern Lentils Fruit	Lasagna Garlic Bread Stick Garden Salad Fruit	Bosco Sticks w/marinara sauce Seasoned Corn Carrots Fruit	Pulled Pork Sandwich Creamy Coleslaw Baked Beans Fruit	Chix Nuggets Cherry Tomatoes Celery Sticks Fruit
Monday, December 11	Tuesday, December 12	Wednesday, December 13	Thursday, December 14	Friday, December 15
Chix Tetrzzini Garlic Bread Tossed Salad Seasoned Peas Fruit	Hamburger on Bun Romaine & Tomato Oven Fries Red Pepper Strips Fruit	Beef & Noodles Mashed Potatoes Green Beans Fruit	Ham & Cheese Sub Sandwich Potato Chips Baby Carrots Fruit	Pepperoni Calzonettes Potato Smiles Wax Beans Fruit
Monday, December 18	Tuesday, December 19	Wednesday, December 20	Thursday, December 21	Friday, December 22
Pizza Crunchers Corn Seasoned Fries Fruit	Baked Chix Drumstick Savory Rice Broccoli Fruit	Chicken Wrap Baked Chips Peas Fruit	Winter Break 	
Monday, December 25	Tuesday, December 26	Wednesday, December 27	Thursday, December 28	Friday, December 29

Menus are subject to change.

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This institution is an equal opportunity provider.

December

- Pear Month
- Tropical Fruits Month