

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
1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch				A-Chicken Patty B-Beef Fiestada Pizza WW Roll Mashed Potato & Gravy Cauliflower Fruit
Monday, December 4	Tuesday, December 5	Wednesday, December 6	Thursday, December 7	Friday, December 8
A-Super Nachos B-Burrito Refried Beans Southwestern Lentils Fruit	A-Lasagna B-Chix Rings Garlic Bread Stick Garden Salad Fruit	A-Bosco Sticks w/marinara sauce B-Turkey Ponyshoe Seasoned Corn Carrots Fruit	A-Pulled Pork Sandwich B-Philly Sub Creamy Coleslaw Baked Beans Fruit	A-Chix Nuggets B-Meatball Sub Cherry Tomatoes Celery Sticks Fruit
Monday, December 11	Tuesday, December 12	Wednesday, December 13	Thursday, December 14	Friday, December 15
A-Chix Tetrizzini B-Toasted ravioli w/sauce Garlic Bread Tossed Salad Seasoned Peas Fruit	A-Hamburger on Bun B-Sausage Biscuit Romaine & Tomato Oven Fries Red Pepper Strips Fruit	A-Beef & Noodles B-Corn Dog Mashed Potatoes Green Beans Fruit	A-Ham & Cheese Sub Sandwich B-Turkey Wrap Potato Chips Baby Carrots Fruit	A-Pepperoni Calzonettes B-Chili Cheese Dog Potato Smiles Wax Beans Fruit
Monday, December 18	Tuesday, December 19	Wednesday, December 20	Thursday, December 21	Friday, December 22
A-Pizza Crunchers B-Chef's Choice Corn Seasoned Fries Fruit	A-Baked Chix Drumstick B-Chef's Choice Savory Rice Broccoli Fruit	A-Chicken Wrap B-Chef's Choice 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.

Spoon River Valley CUSD #4 35265 N IL Hwy 97 London Mills, IL 61544

This institution is an equal opportunity provider.

December

- Pear Month
- Tropical Fruits Month