

Spoon River Valley CUSD#4

www.spoon-river.k12.il.us

Food Bytes

School Lunch Spirit

Did you know that 95% of schools offer the National School Lunch Program (NSLP) and serve 30+ million students each day?

NSLW will emphasize the healthy foods offered at schools daily. Schools are offering healthier options, including more fruits and vegetables along with student and chef-inspired recipes. More schools are also serving locally-sourced produce, grains, milk, eggs, meat, poultry and seafood.

You need a healthy lunch to get energized for your favorite sports or activities. A healthy lunch also gives you the fuel you need to succeed in school.

School meals are a healthy, tasty, convenient choice for students.

Nutrilink:

www.schoolnutrition.org/nslw.

October

- National Apple Month
- National Farm to School Month
- National Food Day (October 24)
- National School Lunch Week (October 9-13)

7-12 Lunch Menu

All Grain items are Whole Grain Rich.

October 2017

Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
A: Chicken Teriyaki w/brown rice B: Meatball Sub Asian Vegetables Celery Sticks Cherry Tomatoes Fruit	A: Super Nachos B: Cheesy Chicken Burrito Refried Beans Southwestern Lentils Fruit	A: Bosco Sticks w/ marinara sauce B: French Bread Pizza Seasoned Corn Tossed Salad Fruit	A: Pulled Pork Sandwich B: Chicken Patty on bun Coleslaw Baked Beans, Fruit	A: Pretzel Bites w/cheese B: Chicken Quesadilla Baked Chips Carrots Fruit
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
 Columbus Day	A: Sliders B: Sausage Biscuit Romaine & Tomato Oven Fries Red Pepper Strips Fruit	A: Chicken Tetrizzini B: Toasted Ravioli w/meat sauce Garlic Bread Tossed Salad Seasoned Peas Fruit	A: Baked Chicken Drumstick B: Baked Potato Bar Savory Rice WW Roll Fresh Broccoli Cherry Tomatoes, Fruit	A: Sloppy Joe on bun B: Philly Sub Roasted Red Potatoes Black Eyed Peas Fruit
Monday, October 16	Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
A: Hard Shell Beef Taco B: Soft Shell Chicken Taco Tortilla Chips (9-12) Salsa Romaine & Tomato Mexican Corn Fruit	A: Stromboli Square Garlic Breadstick (9-12) B: Buffalo Chix Pizza Garden Salad Baby Carrots Fruit	A: BBQ Beef on bun B: Turkey Ponyshoe Peas Baked Beans Royal Brownie Fruit	A: Country Style Beef Patty B: Chix Alfredo WW Roll Mashed Potatoes & gravy Broccoli, Fruit	
Monday, October 23	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
A-Pig in a Blanket B-Chicken Parmesan Sub Roasted Red Potatoes Broccoli w/Cheese Fruit	A- Chicken Wrap B-Ham & Cheese on Croissant Sweet Potato Fries Fresh Cauliflower Cookie (9-12), Fruit	A-Spaghetti w/ Meat Sauce B-Tater Tot Casserole Garlic Bread Garden Salad Green Beans, Fruit	A-Taco Salad w/shell B-Nacho Lil Bites Tomato Salsa Red Pepper Strips Spicy Pinto Beans Cinnamon Puff, Fruit	
Monday, October 30	Tuesday, October 31			
A-Mini Meatball Sub B- Buffalo Chicken Sandwich Ranch Potato Wedges Tossed Salad Fruit	Chefs' Choice for Entrée, Grain, Vegetable, and Fruit			

Menus are subject to change.

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This institution is an equal opportunity provider.