

# 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](http://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)

## K-12 Breakfast 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
WG Cereal String Cheese 100% Fruit Juice Fruit	Scrambled Eggs Toast 100% Fruit Juice Fruit	Biscuit & Gravy 100% Fruit Juice Fruit	Pancake on a stick w/syrup 100% Fruit Juice Fruit	WG Muffin 100% Fruit Juice Fruit
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
 Columbus Day	Waffles w/ syrup 100% Fruit Juice Fruit	Oven French Toast 100% Fruit Juice Fruit	WG Donut 100% Fruit Juice Fruit	Breakfast Burrito 100% Fruit Juice Fruit
Monday, October 16	Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
Omelet 100% Fruit Juice Fruit	WG Cereal Treat 100% Fruit Juice Fruit	Chocolate Orange Burst Muffins 100% Fruit Juice Fruit	French Toast Sticks w/ syrup 100% Fruit Juice Fruit	
Monday, October 23	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
Pancakes w/ syrup 100% Fruit Juice Fruit	WG Cinnamon Roll 100% Fruit Juice Fruit	Breakfast Pizza 100% Fruit Juice Fruit	Maple Bars 100% Fruit Juice Fruit	English Muffin 100% Fruit Juice Fruit
Monday, October 30	Tuesday, October 31			
WG Cereal Nutrigrain Bar 100% Fruit Juice Fruit	Apple Oatmeal Squares 100% Fruit Juice Fruit			

1% Low-fat Milk  
&  
Fat Free Chocolate  
Milk offered with  
Breakfast and Lunch

Menus are subject to change.

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This institution is an equal opportunity provider.