

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?

NSLP 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)

K-6 Lunch Menu

October 2017

All Grain items are Whole Grain Rich.

Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
Chicken Teriyaki w/brown rice Asian Vegetables Celery Sticks Cherry Tomatoes Fruit	Super Nachos Refried Beans Southwestern Lentils Fruit	Bosco Sticks w/ marinara sauce Seasoned Corn Tossed Salad Fruit	Pulled Pork Sandwich Coleslaw Baked Beans Fruit	Pretzel Bites w/cheese Baked Chips Carrots Fruit
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
 Columbus Day	Sliders Romaine & Tomato Oven Fries Red Pepper Strips Fruit	Chicken Tetrazzini Garlic Bread Tossed Salad Seasoned Peas Fruit	Baked Chicken Drumstick Savory Rice WW Roll Fresh Broccoli Cherry Tomatoes Fruit	Sloppy Joe on bun Roasted Red Potatoes Black Eyed Peas Fruit
Monday, October 16	Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
Hard Shell Beef Taco Romaine & Tomato Mexican Corn Fruit	Stromboli Square Garden Salad Baby Carrots Fruit	BBQ Beef on bun Peas Baked Beans Fruit	Country Style Beef Patty WW Roll Mashed Potatoes & gravy Broccoli Fruit	
Monday, October 23	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
Pig in a Blanket Roasted Red Potatoes Broccoli w/Cheese Fruit	Chicken Wrap Sweet Potato Fries Fresh Cauliflower Fruit	Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans Fruit	Nacho Lil Bites Tomato Salsa Red Pepper Strips Spicy Pinto Beans Fruit	
Monday, October 30	Tuesday, October 31			
Mini Meatball Sub 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.