

Spoon River Valley CUSD#4

www.spoon-river.k12.il.us

Food Bytes

Walk to School Day

Kids from communities around the world walk, bike or roll in a wheel chair to school on Walk to School Day. The 2017 event is scheduled for October 4.

How to Walk, Bike or Wheel to School?

- Involve students of all abilities—kids who can walk, bike or use a wheel chair.
- Plan for kids who ride the bus to be dropped off 1-2 blocks away. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.


Nutrilink: www.walkbiketoschool.org

September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month

K-12 Breakfast Menu

September 2017

| | | | | Friday, September 1 |
|--|--|--|--|--|
| <div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> 1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch </div> | | | | WG Cinnamon Roll 100% Fruit Juice Fruit |
| Monday, September 4 | Tuesday, September 5 | Wednesday, September 6 | Thursday, September 7 | Friday, September 8 |
|  | Biscuit & Gravy 100% Fruit Juice Fruit | Coffeecake 100% Fruit Juice Fruit | Omelet 100% Fruit Juice Fruit | French Toast Sticks w/ syrup 100% Fruit Juice Fruit |
| Monday, September 11 | Tuesday, September 12 | Wednesday, September 13 | Thursday, September 14 | Friday, September 15 |
| Pancakes w/syrup 100% Fruit Juice Fruit | WG Cinnamon Roll 100% Fruit Juice Fruit | Breakfast Pizza 100% Fruit Juice Fruit | English Muffin w/ sausage 100% Fruit Juice Fruit | WG Muffin 100% Fruit Juice Fruit |
| Monday, September 18 | Tuesday, September 19 | Wednesday, September 20 | Thursday, September 21 | Friday, September 22 |
| WG Cereal Nutrigrain Bar 100% Fruit Juice Fruit | Cream Cheese Mini Bagels 100% Fruit Juice Fruit | Breakfast Boats 100% Fruit Juice Fruit | Chicken Biscuit Breakfast Sandwich 100% Fruit Juice Fruit | Pancake on stick w/ syrup 100% Fruit Juice Fruit |
| Monday, September 25 | Tuesday, September 26 | Wednesday, September 27 | Thursday, September 28 | Friday, September 29 |
| French Toast Sticks w/syrup 100% Fruit Juice Fruit | Oatmeal Bar Yogurt Cup 100% Fruit Juice Fruit | WW Bagel 100% Fruit Juice Fruit | Blueberry Bubble Bread 100% Fruit Juice Fruit | Breakfast Pizza 100% Fruit Juice Fruit |

Menus are subject to change.

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This institution is an equal opportunity provider.