


7-12 Lunch Menu

April 2018

Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5	Friday, April 6
	A-Chix Patty on Bun B-Mini Taco Green Beans Carrots Fruit	A- Crispy Chicken Drumstick B-Country Fried Steak Mixed Vegetables Broccoli Florets Fruit	A-Chicken Quesadilla B-Beef Fiestada Pizza Tortilla Chips (9-12) Salsa (9-12) Refried Beans Fruit	A-Cowboy Cavatini B-Crispito WW Roll Seasoned Corn Garden Salad Fruit
	Monday, April 9	Tuesday, April 10	Wednesday, April 11	Thursday, April 12
A-Hamburger on Bun B-BBQ Rib on bun Romaine & Tomato Oven Fries Fruit	A-Chili B-Grilled Chicken Hush Puppies Red Bell Pepper Strips Fruit	A-Chicken Nuggets B-Homemade Salisbury Steak WW Roll Mashed Potato & Gravy Tossed Salad Fruit	A-Baked Ham B-Poppin Chix Bowl WG Biscuit Apple Glazed Sweet Potatoes Green Beans Honey Crisp (9-12) Fruit	A-Chicken & Waffles B-Mini Corn Dogs Seasoned Peas Fresh Baby Carrots Fruit
Monday, April 16	Tuesday, April 17	Wednesday, April 18	Thursday, April 19	Friday, April 20
A-Hot Ham & Cheese on bun B-General Tso Chicken with Rice Potato Wedges Broccoli Fruit	A-Pizza B-Turkey on Pretzel Bun Tossed Salad Cherry Tomatoes Fruit	A-Taco Burger on bun B-Walking Taco Romaine & Tomato Spicy Pinto Beans Fruit	A-Lasagna B-Chicken Fries Garlic Bread Garden Salad Fruit	A-Chicken Minis B-Hotdog on bun Baked Chips Cauliflower Fruit
Monday, April 23	Tuesday, April 24	Wednesday, April 25	Thursday, April 26	Friday, April 27
A-Sweet & Sour Chicken Nuggets B-Meatball Sub Seasoned Rice Asian Vegetables Cherry Tomatoes Fruit	A-Super Nachos B-Burrito Refried Beans Southwestern Lentils Fruit	A-Bosco Sticks w/ Marinara sauce B-Hamburger Ponyshoe Seasoned Corn Tossed Salad Fruit	A-Pulled Pork Sandwich B-Chix Patty on bun Creamy Coleslaw Baked Beans Fruit	A-Mac & Cheese w/ smokies B-Chef's Choice Oven Fries Carrots Fruit
Monday, April 30				
A-Chicken Tetrizzini B-Toasted Ravioli w/ sauce Garlic Bread Tossed Salad Seasoned Peas Fruit				

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

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.

Families Making the Connection

Every Kid Healthy

Every Kid Healthy™ Week is an annual observance designed to celebrate schools' wellness achievements. Observed the last week of April each year, this special week shines a spotlight on the obesity epidemic affecting our children and provides an opportunity for everyone in the country to get involved in its solutions: sound nutrition, regular physical activity and health-promoting school programs.

To celebrate Every Kid Healthy Week, schools can implement wellness initiatives to promote and reinforce healthy eating, nutrition education, and physical education and activity in order to increase student achievement.

- Host a healthy taste test with fruits, vegetables, whole grains or lowfat dairy.
- Ask the physical education teacher or a local gym to provide a Zumba or yoga class for students, school staff and their families.
- Host a recreational field day for students and invite families to participate.
- Challenge students, staff and their families to participate in a school walk-a-thon.

Get involved:

- Join us in the cafeteria, in the classroom and on the playground during Every Kid Healthy Week to help schools celebrate healthy school environments.
- Take the Every Kid Healthy pledge. Join the movement to end childhood obesity.
- Find more info and how you can help at www.actionforhealthykids.org.

April

- Global Child Nutrition Month
- National Garden Day
- Earth Day (April 22)
- Every Kid Healthy Week (Last week in April)