

Spoon River Valley CUSD#4

www.spoon-river.k12.il.us

Food Bytes

Kids Eat Right

Did you know that August is *Kids Eat Right Month*? *Kids Eat Right Month* encourages kids and their families to eat healthy and be active. You can shop smart, cook healthy and eat right together with your family.

Shop Smart—You can help with planning menus and shopping for food.

Cook Healthy—Be a chef! You can help prepare healthy meals and snacks.

Eat Right—Sit down with your family to enjoy a tasty, healthy meal.

Get Moving—Be active every day for at least 60 minutes to build strong bones and muscles, promote a healthy weight, support learning and build self-esteem.

Build Healthy Habits—Be active every day. Fill half your plate with fruits and veggies, make half your grains whole grains, choose water over sugary drinks, opt for low fat or fat free milk, and pick options lower in sodium, fat and sugar.

Kids Eat Right, from the Academy of Nutrition and Dietetics, offers recipes, tips and videos to help kids and their families eat healthy and be active.


Nutrilink: Visit www.kidseatright.org.

August

- Family Meals Month
- Kids Eat Right Month
- National Farmers Market Week (August 6-10)

7-12 Lunch Menu

August 2018

		Wednesday, August 1	Thursday, August 2	Friday, August 3
<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>				
Monday, August 6	Tuesday, August 7	Wednesday, August 8	Thursday, August 9	Friday, August 10
Monday, August 13	Tuesday, August 14	Wednesday, August 15	Thursday, August 16	Friday, August 17
				Chef's Choice of Entrée, Grain, Vegetable, & Fruit
Monday, August 20	Tuesday, August 21	Wednesday, August 22	Thursday, August 23	Friday, August 24
A-Pig in a Blanket B-Chicken Parmesan Sub Roasted Red Potatoes Broccoli w/Cheese Fruit	A- Pizza Crunchers w/sauce B-Turkey Ponyshoe Sweet Potato Fries Fresh Cauliflower Fruit	A-Spaghetti w/ Meat Sauce B-Tater Tot Casserole Garlic Bread Garden Salad Green Beans Fruit	A-Chicken & Noodles B-Meatloaf WW Roll (9-12) Mashed Potatoes Seasoned Corn Fruit	A-Mini Tacos B-Chicken Quesadilla Tortilla Chips (9-12) Tomato Salsa Red Pepper Strips Spicy Pinto Beans Fruit
Monday, August 27	Tuesday, August 28	Wednesday, August 29	Thursday, August 30	Friday, August 31
A-Mini Meatball Sub B-BLT on Croissant Ranch Potato Wedges Tossed Salad Fruit	A-Crispy Chicken Drumstick B-Philly Sub Baked Beans Creamy Coleslaw Cookie Fruit	A-Yummy Sloppy Joe on bun B-Beef Stroganoff w/ Cornbread Muffin Cherry Tomatoes Seasoned Peas Fruit	A-Chicken & Waffles B-Irish Nachos Sweet Cinnamon Squash Fresh Baby Carrots Fruit	A-Mini Pancakes Sausage Patty B-Chicken Strips w/ biscuit Wax Beans Hash Brown Patty Fruit

Menus are subject to change.

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