

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)

K-12 Breakfast 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 100% Fruit Juice Fruit
Monday, August 20	Tuesday, August 21	Wednesday, August 22	Thursday, August 23	Friday, August 24
Waffles w/ syrup 100% Fruit Juice Fruit	W.G. Donut 100% Fruit Juice Fruit	W.W. Bagel 100% Fruit Juice Fruit	Breakfast Burrito 100% Fruit Juice Fruit	W.G. Cinnamon Roll 100% Fruit Juice Fruit
Monday, August 27	Tuesday, August 28	Wednesday, August 29	Thursday, August 30	Friday, August 31
W.G Cereal Yogurt Cup 100% Fruit Juice Fruit	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

Menus are subject to change.

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