

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.

August


- Family Meals Month
- Kids Eat Right Month
- National Farmers Market Week (August 5-9)

6-12 Lunch Menu

August 2019

All Grain items are Whole Grain

Grades 9-12 Fresh Fruit Option Daily

			Thursday, August 1	Friday, August 2
<div data-bbox="619 203 882 397" style="border: 1px solid black; border-radius: 15px; padding: 5px; width: fit-content; margin: 0 auto;"> 1% low-fat Milk & Chocolate Milk offered with Breakfast and Lunch </div>				
Monday, August 5	Tuesday, August 6	Wednesday, August 7	Thursday, August 8	Friday, August 9
Monday, August 12	Tuesday, August 13	Wednesday, August 14	Thursday, August 15	Friday, August 16
				Chef's Choice of Entrée, Grain, Vegetable, & Fruit
Monday, August 19	Tuesday, August 20	Wednesday, August 21	Thursday, August 22	Friday, August 23
A-Pig in a Blanket B-Chicken Parmesan Sub Roasted Red Potatoes Broccoli Baked Pears w/ Oat Topping (9-12), Fruit	A-Pizza Bites B-Turkey Ponyshoe Sweet Potato Fries Cauliflower Fresh Whole Grain Cookie (9-12) Tropical Fruit	A-Spaghetti w/ Meat Sauce B-Tater Tot Casserole Garlic Bread Garden Salad Green Beans Fresh Fruit	A-Chicken & Noodles B-Meatloaf WW Roll Mashed Potatoes Seasoned Corn Mixed Fruit Cup	A-Mini Tacos B-Chicken Quesadilla Tortilla Chips (9-12) Spicy Pinto Beans Red Peppers Fresh Fruit
Monday, August 26	Tuesday, August 27	Wednesday, August 28	Thursday, August 29	Friday, August 30
A-Mini Meatball Sub B-Turkey on Pretzel Bun Ranch Potato Wedges Tossed Salad Fresh Fruit	A-Chicken Drumstick B-Philly Sub Hearth Whole Grain Roll Baked Beans Creamy Cole Slaw Fruit Cocktail	A-Yummy Sloppy Joe on Bun B-Beef Stroganoff w/ W.G. Rotini Cherry Tomatoes Seasoned Peas Fresh Fruit	A-Chicken & Waffle B-Irish Nachos w/ cornbread Fresh Baby Carrots Sassy Sweet Potatoes Citrus Fruit Cup	A-Mini Pancakes Sausage Patty B-Chicken Strips w/ W.G Small Biscuit Wax Beans Hash Brown Patty Fresh Fruit

Menus are subject to change.

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