

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.

K-12 Breakfast Menu

All Grain items are Whole Grain

August 2019

| | | | 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;"> <p>1% low-fat Milk & Chocolate Milk offered with Breakfast and Lunch</p> </div> | | | | |
| Monday, August 5 | Tuesday, August 6 | Wednesday, August 7 | Thursday, August 8 | Friday, August 9 |
| <div data-bbox="861 698 1680 893"> <p>BACK TO SCHOOL</p> </div> | | | | |
| Monday, August 12 | Tuesday, August 13 | Wednesday, August 14 | Thursday, August 15 | Friday, August 16 |
| | | | | Chef's Choice of Entrée 100% Fruit Juice Fruit |
| Monday, August 19 | Tuesday, August 20 | Wednesday, August 21 | Thursday, August 22 | Friday, August 23 |
| 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 26 | Tuesday, August 27 | Wednesday, August 28 | Thursday, August 29 | Friday, August 30 |
| 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 |

August

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

Menus are subject to change.

Spoon River Valley CUSD #4 35265 N IL Hwy 97 London Mills, IL 61544

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