

# Spoon River Valley CUSD#4

www.spoon-river.k12.il.us

## Food Bytes

### Smart Snacks in School

The Healthy, Hunger-Free Kids Act required the U.S. Department of Agriculture to create nutrition standards for all foods sold in school (school meals and all other foods and beverages) to students. The standards allow schools to offer healthier snacks, while limiting junk food. Smart snacks focus on fruit, veggies, whole grains, dairy and protein foods and limit calories, fat, sugar and salt.

Competitive foods are foods sold in competition with the school breakfast or lunch program. If available, students might choose to buy these competitive snack/beverage options instead of a school meal. School meals are a healthy, convenient choice for students. Based on new standards, school meals offer more fruits, veggies, legumes, whole grains and low fat or fat free milk and less sodium and fat in right-size portions for students.

Smart school meals and snacks can help students build healthy habits for a lifetime.

## December





- Pear Month
- Handwashing Week (1st week in December)

## 6-12 Lunch Menu

All Grain items are Whole Grain Rich.

Grades 9-12 Fresh Fruit Option Daily

# December 2019

Monday, December 2	Tuesday, December 3	Wednesday, December 4	Thursday, December 5	Friday, December 6
A-Hamburger on a Bun B-Turkey & Cheese Wrap Romaine & Tomato Oven Fries Pasta Salad (9-12) Fresh Fruit	A-Wranglers Chili B-Grilled Chicken Cornbread Muffin Red Bell Pepper Strips Tomato & Corn Salad Pears-canned	A-Chicken Nuggets B-Salisbury Steak Whole Wheat Roll Mashed Potatoes & Gravy Seasoned Broccoli Fresh Fruit	A-Baked Ham B-Poppin Chicken Bowl WG Biscuit Apple Glazed Sweet Potatoes Bean Salad Fruit Cup	A-Macaroni & Cheese Meatballs B-Mini Corndogs Sunshine Garden Salad Catalina Vegetables Apple Crisp (9-12) Fresh Fruit
Monday, December 9	Tuesday, December 10	Wednesday, December 11	Thursday, December 12	Friday, December 13
A-Hot Ham & Cheese on a Bun B-General Tso Chicken w/ rice Monaco Vegetables Broccoli Salad Cherry Crisp (9-12), Fruit	A-Fish Sticks B-Baked Potato Bar Calico Beans Cherry Tomatoes WG Roll Peaches canned	A-Hard Shell Beef Taco B-Chicken Caesar Wrap Romaine Chopped Tomatoes Diced Mexican Corn Fresh Fruit	A-Lasagna B-Crispy Chicken Drumstick Garlic Bread Garden Salad Steamed Cauliflower Fruit Bar (9-12), Fruit	A-Chicken Patty on bun B- Beef Sliders Au gratin Potatoes Green Beans Fresh Fruit
Monday, December 16	Tuesday, December 17	Wednesday, December 18	Thursday, December 19	Friday, December 20
A-Bosco Stick B-Chef's Choice California Blend Veggies Cherry Tomatoes WG Snickerdoodle (9-12), Fruit	A-Nachos Extra Tortilla Chips (9-12) B- Chef's Choice Cowboy Corn Salad Red Pepper Strips, Fruit	A-Stromboli Square B-Chef's Choice Tossed Salad Seasoned Peas Fruit	A-Hotdog on bun B-Chef's Choice Savory Carrots Steamed Corn Fruit	A-Chic Nuggets B-Chef's Choice Baked Potato Chips Baby Carrots Shape Up Fruit Slush WG Cookie
Monday, December 23	Tuesday, December 24	Wednesday, December 25	Thursday, December 26	Friday, December 27
Winter Break 		MERRY CHRISTMAS 		
Monday, December 30	Tuesday, December 31			
				

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

**Menus are subject to change.**

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This institution is an equal opportunity provider.