

K-6 Lunch Menu
January 2019

Food Bytes

Healthier Students, Healthier Schools, Healthier Communities








Did you know students miss less school and are more alert and focused in healthy schools? They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students and healthier communities. School districts have also passed local wellness policies.

How can students and families help?

- Learn about your local wellness policy.
- Find out if your School Health Advisory Council (SHAC) includes members from education, health and the community, including students and families.
- Volunteer for your school or district level wellness committee.
- Offer whole grains, fruit, vegetables, lowfat dairy wherever food is sold/shared.
- Use non-food fundraisers, like a walk or dance-a-thon instead of dessert sales.
- Use and choose non-food rewards.
- Eat and promote school meals.
- Be active at least 60 min/day.
- Role model eating healthy and being active.
- Promote and support a healthy lifestyle.

January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
				
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
	Chef's Choice For Entrée, Grain, Vegetable, and Fruit	Chef's Choice For Entrée, Grain, Vegetable, and Fruit	Chef's Choice For Entrée, Grain, Vegetable, and Fruit	Chef's Choice For Entrée, Grain, Vegetable, and Fruit
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Pig in a Blanket Roasted Red Potatoes Broccoli w/Cheese Fresh Fruit Choice	Pizza Crunchers w/sauce Sweet Potato Fries Cauliflower Tropical Mixed Fruit-canned	Spaghetti w/ Meat Sauce Garlic Bread Salad Green Beans Fresh Fruit Choice	Chicken & Noodles Mashed Potatoes Corn Fresh Mixed Fruit Cup	Mini Tacos Salsa Red Peppers Spicy Pinto Beans Fresh Fruit Choice
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
No School 	Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fruit Cocktail-canned	Crispy Chix Drumstick Baked Beans Creamy Coleslaw Fresh Fruit Choice	Yummy Sloppy Joe on bun Cherry Tomatoes Seasoned Peas Fresh Citrus Fruit Cup	Mini Pancakes Sausage Patty Wax Beans Hash Brown Patty Fresh Fruit Choice
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
BBQ Pork Rib on a Bun Romaine Lettuce & Tomato Slice Sweet Potato Puffs Fresh Fruit Choice	Corn Dog Baked Potato Chips Broccoli Salad Pineapple-canned	Chicken Soft Shell Taco Southwest Salsa Refried Beans Fresh Fruit Choice	Cowboy Cavatini Seasoned Corn Italian Vegetables Fruit Sidewicks	

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

Menus are subject to change.

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

This institution is an equal opportunity provider.