

# Spoon River Valley CUSD#4

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## Families Making the Connection

### School Lunch: What's on your Playlist?

Schools across the country will celebrate National School Lunch Week (NSLW) October 14-18. The #NSLW19 student-created theme is "School Lunch: What's on your Playlist?" The theme is tailor-made to spotlight the variety of flavors and recipes available with school lunch.

Ninety-five percent of schools offer the National School Lunch Program serving 30+ million students each day. NSLW will emphasize the healthy foods offered at schools daily including whole grains, fruits, vegetables, low fat dairy and chef-inspired recipes. More schools are also serving locally-sourced produce, grains, milk, eggs, meat, poultry and seafood.

School meals are a healthy, convenient choice for students and families. Based on new standards, school meals offer more fruits, vegetables, legumes, whole grains, low fat or fat free milk and less sodium and fat in right-size portions for students. Healthy school meals give students the fuel they need to be their best.

## October

- National Apple Month
- National Farm to School Month
- National School Lunch Week (October 14-18)

## 6-12 Lunch Menu

# October 2019

All Grain items are Whole Grain Rich.

Grades 9-12 Fresh Fruit Option Daily

	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
	A-Pizza Bites <b>B-Hamburger Ponyshoe</b> Sweet Potato Fries Cauliflower Fresh <b>Whole Grain Cookie (9-12)</b> Tropical Fruit canned	A-Spaghetti w/ Meat Sauce <b>B-Tater Tot Casserole</b> Garlic Bread Garden Salad Green Beans Fresh Fruit	A-Pizza <b>B-Chef's Choice</b> Baby Carrots Seasoned Corn Fruit Cup	A-Mini Tacos <b>B-Chicken Quesadilla</b> <b>Tortilla Chips (9-12)</b> Spicy Pinto Beans Red Peppers Fresh Fruit
Monday, October 7	Tuesday, October 8	Wednesday, October 9	Thursday, October 10	Friday, October 11
A-Mini Meatball Sub <b>B-Turkey on Pretzel Bun</b> Ranch Potato Wedges Tossed Salad Fresh Fruit	A- Chicken Drumstick w/ Hearth Roll <b>B-Philly Sub</b> Baked Beans Creamy Coleslaw Fruit Cocktail canned	A-Yummy Sloppy Joe on Bun <b>B-Beef Stroganoff w/ W.G. Rotini</b> Cherry Tomatoes Seasoned Peas Fresh Fruit	A-Chicken & Waffle <b>B-Irish Nachos w/ cornbread</b> Fresh Baby Carrots Sassy Sweet Potatoes Fruit Cup	A-Mini Pancakes Sausage Patty <b>B-Chicken Strips w/ W.G Small Biscuit</b> Wax Beans Hash Brown Patty Fresh Fruit
Monday, October 14	Tuesday, October 15	Wednesday, October 16	Thursday, October 17	Friday, October 18
 <b>Columbus Day</b>	A-Corn Dog <b>B-BBQ Pork Rib on bun</b> Orange Glazed Carrots Broccoli Florets Pineapple canned	A-Chicken Soft Shell Taco <b>B-Walking Taco</b> <b>Tortilla Chips (9-12)</b> Black Bean & Corn Salsa Refried Beans, Fruit	A-Cowboy Cavatini <b>B-Crispito</b> <b>Whole Wheat Roll (9-12)</b> Seasoned Corn Italian Veggies, Sidekick	A-Pizza <b>B-Max Sticks</b> Peas & Carrots Tater Tots Fresh Fruit
Monday, October 21	Tuesday, October 22	Wednesday, October 23	Thursday, October 24	Friday, October 25
A-Hamburger on a Bun <b>B-Turkey &amp; Cheese Wrap</b> Romaine & Tomato Oven Fries <b>Pasta Salad (9-12)</b> Fresh Fruit	A-Wranglers Chili <b>B-Grilled Chicken</b> Cornbread Muffin Red Bell Pepper Strips Tomato & Corn Salad Pears canned	A-Chicken Nuggets <b>B-Salisbury Steak</b> Whole Wheat Roll Mashed Potatoes & Gravy Steamed Broccoli Fresh Fruit	A-Macaroni & Cheese Meatballs <b>B-Mini Corndogs</b> Sunshine Garden Salad Catalina Vegetables <b>Apple Crisp (9-12)</b> Fresh Fruit	
Monday, October 28	Tuesday, October 29	Wednesday, October 30	Thursday, October 31	
A-Hot Ham & Cheese on a Bun <b>B-General Tso Chicken w/ rice</b> Monaco Vegetables Broccoli Salad <b>Cherry Crisp (9-12)</b> Fresh Fruit	A-Fish Sticks <b>B-Baked Potato Bar w/ WG Roll</b> Calico Beans Cherry Tomatoes Peaches canned	A-Hard Shell Beef Taco <b>B-Chicken Caesar Wrap</b> Romaine Chopped Tomatoes Diced Mexican Corn <b>Tortilla Chips (9-12)</b> , Fruit	 Chefs Choice for Meat, Grain, Vegetable, and Fruit	

**Menus are subject to change.**

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This institution is an equal opportunity provider.