

Spoon River Valley CUSD#4

www.spoon-river.k12.il.us

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)

K-12 Breakfast Menu

All Grain items are Whole Grain Rich.

October 2019

	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
	WG Donut 100% Fruit Juice Fresh Fruit	WG Scone 100% Fruit Juice Pineapple canned	Breakfast Burrito 100% Fruit Juice Fresh Fruit	WG Cinnamon Roll 100% Fruit Juice Pears canned
Monday, October 7	Tuesday, October 8	Wednesday, October 9	Thursday, October 10	Friday, October 11
WG Cereal Yogurt Cup 100% Fruit Juice Mandarin Oranges canned	Biscuit & Gravy 100% Fruit Juice Fresh Fruit	WG Coffeecake 100% Fruit Juice Applesauce canned	Omelet 100% Fruit Juice Fresh Fruit	French Toast Sticks 100% Fruit Juice Fruit Cocktail canned
Monday, October 14	Tuesday, October 15	Wednesday, October 16	Thursday, October 17	Friday, October 18
 Columbus Day	Pancakes w/syrup 100% Fruit Juice Fresh Fruit	Breakfast Pizza 100% Fruit Juice Pears canned	English Muffin w/ sausage 100% Fruit Juice Fresh Fruit	WG Muffin 100% Fruit Juice Applesauce canned
Monday, October 21	Tuesday, October 22	Wednesday, October 23	Thursday, October 24	Friday, October 25
WG Cereal Nutrigrain Bar 100% Fruit Juice Pears canned	Cream Cheese Mini Bagels 100% Fruit Juice Fresh Fruit	Breakfast Boat 100% Fruit Juice Apricot Halves canned	Chicken Biscuit Breakfast Sandwich 100% Fruit Juice Fresh Fruit	
Monday, October 28	Tuesday, October 29	Wednesday, October 30	Thursday, October 31	
Pancake Bites w/ syrup 100% Fruit Juice Fruit Cocktail canned	Oatmeal bar Yogurt Cup 100% Fruit Juice Fresh Fruit	WW Bagel 100% Fruit Juice Mandarin Oranges canned	Chefs Choice for Meat, Grain, Vegetable, and Fruit 	

Menus are subject to change.

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