

7-12 Lunch Menu



April 2019

Families Making the Connection

Planting Seeds for Lifelong Learning

School gardens can be effective learning tools for students to discover fresh food, make healthier food choices and be more active. Gardens offer dynamic settings for class curriculum activities that integrate science, math, environmental studies, reading, nutrition, health, physical activity and more. If your child's school or class chooses to do a garden, here are some tips to help guide you.

- Get permission. Check with the principal and school administrators about garden policies.
- Investigate liability issues and insurance costs and requirements.
- Follow federal, state and local health, sanitation and safety regulations.
- Choose a garden site that has safe soil, gets direct sun for 6-7 hrs/day, is clear of trees and roots, and has good water drainage. Ensure you have a safe water source and handwashing station nearby.
- Create rules and guidelines so that everyone knows how the garden operates.
- Define your plan for the garden.
- Organize a garden committee and volunteers. Include teachers, School Nutrition staff, students, and families.
- Design your garden. Consider fencing, composting, a tool shed, benches and paths that are wheelchair accessible (36 inches).
- Link the garden to class curricula activities.
- Help students learn about farm to school.
- Share the harvest with a food bank or pantry.

Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
A-Pig in a Blanket B-Chicken Parmesan Sub Roasted Red Potatoes Broccoli Baked Pears w/ Oat Topping (9-12), Fruit	A-Pizza Bites B-Turkey Ponyshoe Sweet Potato Fries Cauliflower Fresh Whole Grain Cookie (9-12) Tropical Fruit-canned	A-Spaghetti w/ Meat Sauce B-Tater Tot Casserole Garlic Bread Garden Salad Green Beans Fresh Fruit	A-Chicken & Noodles B-Meatloaf WW Roll Mashed Potatoes Seasoned Corn Mixed Fruit Cup	A-Mini Tacos B-Chicken Quesadilla Tortilla Chips (9-12) Spicy Pinto Beans Red Peppers Fresh Fruit
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
A-Mini Meatball Sub B-Turkey on Pretzel Bun Tossed Salad Ranch Potato Wedges Fresh Fruit	A- Chicken Drumstick B-Philly Sub Hearth Whole Grain Roll Baked Beans Creamy Cole Slaw Fruit Cocktail-canned	A-Yummy Sloppy Joe on Bun B-Beef Stroganoff w/ W.G. Rotini Cherry Tomatoes Seasoned Peas Fresh Fruit	A-Chicken & Waffle B-Irish Nachos w/ cornbread Fresh Baby Carrots Sassy Sweet Potatoes Citrus Fruit cup	A-Mini Pancakes Sausage Patty B-Chicken Strips w/ W.G Small Biscuit Wax Beans Hash Brown Patty Fresh Fruit
Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19
A- BBQ Pork Rib on a Bun B-Twisted BBQ Pork Na- chos Romaine Lettuce & Tomato Slice Sweet Potato Puffs Fresh Fruit	A-Corn Dog B-Chef's Choice Orange Glazed Carrots Broccoli Florets Royal Brownie 9-12 Pineapple-canned			
Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
	A-Hamburger on a Bun B-Turkey & Cheese Wrap Romaine Lettuce Tomato Slice Oven Fries Pasta Salad 9-12, Fruit	A-Chicken Nuggets B-Salisbury Steak Whole Wheat Roll Mashed Potatoes & Gravy Steamed 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 Honey Apple Crisp (9-12), Fruit
Monday, April 29	Tuesday, April 30			
A-Hot Ham & Cheese on a Bun B-General Tso Chicken w/ rice Monaco Blend Vegetables Broccoli Salad Cherry Crisp 9-12, Fruit	A-Fish Sticks B-Baked Potato Bar Calico Beans Cherry Tomatoes WG Roll Peaches-canned			

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

April

- National Garden Month
- Earth Day (April 22)

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.