

K-12 Breakfast 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	
Waffles w/ syrup 100% Fruit Juice Fruit cocktail-canned	WG Donut 100% Fruit Juice Fresh Fruit Choice	WW Bagel 100% Fruit Juice Pineapple-canned	Breakfast Burrito 100% Fruit Juice Fresh Fruit Choice	WG Cinnamon Roll 100% Fruit Juice Fruit	
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12	
WG Cereal Yogurt 100% Fruit Juice Fruit	Biscuit & Gravy 100% Fruit Juice Fruit	Coffeecake 100% Fruit Juice Fruit	Omelet 100% Fruit Juice Fruit	French Toast Sticks w/ syrup 100% Fruit Juice Fruit	
Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19	
Pancakes w/ syrup 100% Fruit Juice Fruit	WG Cinnamon Roll 100% Fruit Juice Fruit	WG Cereal Nutri grain Bar 100% Fruit Juice Fruit			
Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26	
		Cream Cheese Mini Bagels 100% Fruit Juice Fruit	Breakfast Boats 100% Fruit Juice Fruit	Chicken Breakfast Sandwich 100% Fruit Juice Fruit	Pancake on a stick w/ syrup 100% Fruit Juice Fruit
Monday, April 29	Tuesday, April 30				
French Toast Sticks w/ syrup 100% Fruit Juice Fruit	Oatmeal Bar Yogurt 100% Fruit Juice Fruit				

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

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