

K-6 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
Pig in a Blanket Roasted Red Potatoes Broccoli Fresh Fruit	Pizza Bites Sweet Potato Fries Cauliflower Fresh Tropical Fruit-canned	Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans Fresh Fruit	Chicken & Noodles Mashed Potatoes Seasoned Corn Mixed Fruit Cup	Mini Tacos Spicy Pinto Beans Red Peppers Fresh Fruit
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fresh Fruit	Chicken Drumstick Hearth Whole Grain Roll Baked Beans Creamy Cole Slaw Fruit Cocktail-canned	Yummy Sloppy Joe on Bun Cherry Tomatoes Seasoned Peas Fresh Fruit	Chicken & Waffle Fresh Baby Carrots Sassy Sweet Potatoes Citrus Fruit cup	Mini Pancakes Sausage Patty Wax Beans Hash Brown Patty Fresh Fruit
Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19
BBQ Pork Rib on a Bun Romaine Lettuce & Tomato Slice Sweet Potato Puffs Fresh Fruit	Corn Dog Orange Glazed Carrots Broccoli Florets Pineapple-canned			
Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
	Hamburger on a Bun Romaine Lettuce Tomato Slice Oven Fries Fruit	Chicken Nuggets Whole Wheat Roll Mashed Potatoes & Gravy Steamed Broccoli Fresh Fruit	Baked Ham WG Biscuit Apple Glazed Sweet Potatoes Bean Salad Fruit Cup	Macaroni & Cheese Meatballs Sunshine Garden Salad Catalina Vegetables Fresh Fruit
Monday, April 29	Tuesday, April 30			
Hot Ham & Cheese on a Bun Monaco Blend Vegetables Broccoli Salad Fresh Fruit	Fish Sticks Calico Beans Cherry Tomatoes 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.