

January 2019

Food Bytes

Healthier Students, Healthier Schools, Healthier Communities

Did you know students miss less school and are more alert and focused in healthy schools? They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students and healthier communities. School districts have also passed local wellness policies.

How can students and families help?

- Learn about your local wellness policy.
- Find out if your School Health Advisory Council (SHAC) includes members from education, health and the community, including students and families.
- Volunteer for your school or district level wellness committee.
- Offer whole grains, fruit, vegetables, lowfat dairy wherever food is sold/shared.
- Use non-food fundraisers, like a walk or dance-a-thon instead of dessert sales.
- Use and choose non-food rewards.
- Eat and promote school meals.
- Be active at least 60 min/day.
- Role model eating healthy and being active.
- Promote and support a healthy lifestyle.

January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
				
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
	Chef's Choice For Entrée, Grain, Vegetable, and Fruit	Chef's Choice For Entrée, Grain, Vegetable, and Fruit	Chef's Choice For Entrée, Grain, Vegetable, and Fruit	Chef's Choice For Entrée, Grain, Vegetable, and Fruit
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
A-Pig in a Blanket B-Chicken Parmesan Sub Roasted Red Potatoes Broccoli w/Cheese Fresh Fruit Choice	A- Pizza Crunchers w/sauce B-Turkey Ponyshoe S.P. Fries, Cauliflower Tropical Mixed Fruit-canned	A-Spaghetti w/ Meat Sauce B-Tater Tot Casserole Garlic Bread Salad, Green Beans Fresh Fruit Choice	A-Chicken & Noodles B-Meatloaf WW Roll (9-12) Mashed Potatoes Corn Fresh Mixed Fruit Cup	A-Mini Tacos B-Chix Quesadilla Tortilla Chips (9-12) Salsa, Red Peppers Spicy Pinto Beans Fresh Fruit Choice
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
No School 	A-Mini Meatball Sub B-BLT on Croissant Ranch Potato Wedges Tossed Salad Fruit Cocktail-canned	A-Crispy Chix Drumstick B-Philly Sub Baked Beans Creamy Coleslaw Fresh Fruit Choice	A-Yummy Sloppy Joe on bun B-Beef Stroganoff w/ Cornbread Muffin Cherry Tomatoes Seasoned Peas Fresh Citrus Fruit Cup	A-Mini Pancakes Sausage Patty B-Chicken Strips w/ biscuit Wax Beans Hash Brown Patty Fresh Fruit Choice
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
A-BBQ Pork Rib on a Bun B- Twisted BBQ Nachos Romaine Lettuce & Tomato Slice Sweet Potato Puffs Fresh Fruit Choice	A-Corn Dog B-Sub Bar Baked Potato Chips Broccoli Salad Pineapple-canned	A-Chicken Soft Shell Taco B-Walking Taco Tortilla Chips (9-12) Southwest Salsa Refried Beans Fresh Fruit Choice	A-Cowboy Cavatini B-Crispito WW Roll (9-12) Seasoned Corn Italian Vegetables Fruit Sidewicks	

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

Menus are subject to change.

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This institution is an equal opportunity provider.