

Spoon River Valley CUSD#4

www.spoon-river.k12.il.us

Food Bytes

Bike to School

Do you like to ride your bike? Do you ride your bike to school? Kids from schools and communities across the U.S. will bike or roll in a wheel chair to school on the same day. May is National Bike to School Month. Bike to School Day is May 8.

How to Bike or Wheel to School?

- Involve students of all abilities—kids who can bike or use a wheel chair.
- Survey the route to school for safety.
- Host events on the school grounds if the route to school is unsafe or inaccessible.
- Plan for safe bike storage with bike racks or another designated location.
- Make sure all bicyclists wear helmets.

Why Bike or Wheel to School?

- Fun—Biking and wheeling to school with friends is fun!
- Healthier Habits—The trip to school is a chance for kids (and adults) to be active.
- Cleaner Environment—Replacing vehicle trips with active transportation can reduce congestion and air-polluting emissions.
- Promoting Safety—Building sidewalks, creating bike lanes or crosswalks, providing education and adding traffic calming measures improve safety.

Nutrilink: www.walkbiketoschool.org

May

- National Bike to School Day (May 8)
- School Nutrition Employee Week (May 6-10)

7-12 Lunch Menu

All Grain items are Whole Grain

Grades 9-12 Fresh Fruit Option Daily

May 2019

		Wednesday, May 1	Thursday, May 2	Friday, May 3
		A-Hard Shell Beef Taco B-Chicken Caesar Wrap Romaine Chopped Tomatoes Diced Mexican Corn Tortilla Chips (9-12) Fresh Fruit	A-Lasagna B-Crispy Chicken Drumstick Garlic Bread Garden Salad Steamed Cauliflower Fruit Bar 9-12, Tropical Fruit	A-Chicken Patty on bun B- Beef Sliders Au gratin Potatoes Green Beans Fresh Fruit
Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
A-Bosco Stick B-Chicken Tetrazzini w/ garlic bread California Veggies Cherry Tomatoes WG Snickerdoodle 9-12, Fresh Fruit	A-Nachos B- Chicken Burrito Tortilla Chips (9-12) Cowboy Corn Salad Pepper Strips, Spiced Apples	A-Stromboli Square B-Toasted Ravioli w/ meat sauce Tossed Salad Seasoned Peas Fresh Fruit	A-Pulled Pork Sandwich B-Chicken Pot Pie Creamy Cole Slaw Baked Beans Mandarin Oranges	High School Picnic
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
A-Pig in a Blanket B-Chicken Parmesan Sub Roasted Red Potatoes Broccoli Baked Pears 9-12 Fresh Fruit	A-Pizza Bites B-Turkey Pony shoe Sweet Potato Fries Cauliflower Fresh WG Cookie 9-12 Tropical Fruit	A-Spaghetti w/ Meat Sauce B-Tater Tot Casserole Garlic Bread Garden Salad Green Beans, Fruit	A-Chicken & Noodles B-Meatloaf WW Roll Mashed Potatoes Seasoned Corn Fresh Mixed Fruit Cup	A-Mini Tacos B-Chicken Quesadilla Tortilla Chips (9-12) Spicy Pinto Beans Red Peppers Fresh Fruit
Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24
Chef's Choice of Entrée, Grain, Vegetable, & Fruit	Chef's Choice of Entrée, Grain, Vegetable, & Fruit	Chef's Choice of Entrée, Grain, Vegetable, & Fruit	Chef's Choice of Entrée, Grain, Vegetable, & Fruit	Chef's Choice of Entrée, Grain, Vegetable, & Fruit
Monday, May 27	Tuesday, May 28	Wednesday, May 29	Thursday, May 30	Friday, May 31
	Chef's Choice of Entrée, Grain, Vegetable, & Fruit		SUMMER Vacation	

Menus are subject to change

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This institution is an equal opportunity provider.