

# 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](http://www.walkbiketoschool.org)

## May

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

## K-6 Lunch Menu

All Grain items are Whole Grain

# May 2019

		Wednesday, May 1	Thursday, May 2	Friday, May 3
1% Low-fat Milk & Chocolate Milk offered with Breakfast and Lunch		Hard Shell Beef Taco Romaine Chopped Tomatoes Diced Mexican Corn Fresh Fruit	Lasagna Garlic Bread Garden Salad Steamed Cauliflower Tropical Fruit-canned	Chicken Patty on bun Au gratin Potatoes Green Beans Fresh Fruit
Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
Bosco Stick California Veggies Cherry Tomatoes Fresh Fruit	Nachos Cowboy Corn Salad Pepper Strips Spiced Apples	Stromboli Square Tossed Salad Seasoned Peas Fresh Fruit	Pulled Pork Sandwich Creamy Cole Slaw Baked Beans Mandarin Oranges-canned	Pizza Savory Carrots Steamed Corn Fresh Fruit
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
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 Fresh Mixed Fruit Cup	Mini Tacos 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
	Elementary Picnic		<i>SUMMER Vacation</i>	

Menus are subject to change

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This institution is an equal opportunity provider.