






January 2020

Families Making the
 Connection

Healthy Active Children

Did you know that we have a Healthy Active Children Policy? The State Board of Education passed the policy to reduce obesity, address hunger and promote health. The policy includes the following:

- Local education agencies (LEAs) should establish a School Health Advisory Council (SHAC) of school, community and health representatives, families and students. SHACs should oversee the Healthy Active Children Policy, Local Wellness Policy (LWP) and coordinated school health.
- LEAs should have a LWP that includes goals for nutrition education and promotion, physical activity, and other activities to promote student wellness.
- K-8 schools should offer 30 minutes of physical activity every day. Elementary schools should move toward 150 minutes/week of physical education and middle schools 225 minutes/week of health education with certified teachers.
- Recess and physical activity should not be taken away as a form of punishment.
- LEAs should have guidelines for all foods and beverages on campus, offer healthy food/beverage options for students, limit marketing to only healthy foods/beverages, offer nutrition education and choose options other than food to reward students.

	Monday, January 6	Tuesday, January 7	Wednesday, January 8	Thursday, January 9	Friday, January 10
				<div style="border: 1px solid black; padding: 5px; text-align: center;"> 1% Low-fat Milk & 1% Chocolate Milk offered with Breakfast and Lunch </div>	
Monday, January 6 Waffles w/syrup 100% Fruit Juice Fruit Cocktail canned	Tuesday, January 7 WG Donut 100% Fruit Juice Fresh Fruit	Wednesday, January 8 WG Bagel 100% Fruit Juice Pineapple canned	Thursday, January 9 Breakfast Burrito 100% Fruit Juice Fresh Fruit	Friday, January 10 WG Cinnamon Roll 100% Fruit Juice Pears canned	
Monday, January 13	Tuesday, January 14	Wednesday, January 15	Thursday, January 16	Friday, January 17	
WG Cereal Yogurt Cup 100% Fruit Juice Mandarin Oranges canned	Biscuit & Gravy 100% Fruit Juice Fresh Fruit	Coffeecake 100% Fruit Juice Applesauce canned	Omelet 100% Fruit Juice Fresh Fruit	French Toast Sticks w/ syrup 100% Fruit Juice Fruit Cocktail canned	
Monday, January 20	Tuesday, January 21	Wednesday, January 22	Thursday, January 23	Friday, January 24	
	Pancakes w/syrup 100% Fruit Juice Fresh Fruit	Breakfast Pizza 100% Fruit Juice Pears canned	English Muffin w/ sausage 100% Fruit Juice Fresh Fruit	WG Muffin 100% Fruit Juice Applesauce canned	
Monday, January 27	Tuesday, January 28	Wednesday, January 29	Thursday, January 30	Friday, January 31	
WG Cereal Nutrigrain Bar 100% Fruit Juice Pears canned	Cream Cheese Mini Bagels 100% Fruit Juice Fresh Fruit	Breakfast Boats 100% Fruit Juice Apricots canned	Chicken Biscuit Breakfast Sandwich 100% Fruit Juice Fresh Fruit	Pancake on stick w/syrup 100% Fruit Juice Apples Slices canned	

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.

January

- Family Fit Lifestyle Month
- Healthy Weight Week (3rd week)