

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.

January

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

6-12 Lunch Menu

January 2020

All Grain items are Whole Grain Rich.

Grades 9-12 Fresh Fruit Option Daily

		Wednesday, January 1	Thursday, January 2	Friday, January 3
				<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	Tuesday, January 7	Wednesday, January 8	Thursday, January 9	Friday, January 10
A-Pig in a Blanket B-Chicken Parmesan Sub Roasted Red Potatoes Broccoli Baked Pears w/ Oat Topping (9-12), Fruit	A-Pizza Bites B-Turkey Ponyshoe Sweet Potato Fries Cauliflower Fresh Whole Grain Cookie (9-12) Tropical Fruit canned	A-Spaghetti w/ Meat Sauce B-Tater Tot Casserole Garlic Bread Garden Salad Green Beans Fresh Fruit	A-Chicken & Noodles B-Meatloaf WW Roll Mashed Potatoes Seasoned Corn Mixed Fruit Cup	A-Mini Tacos B-Max Sticks Tortilla Chips (9-12) Spicy Pinto Beans Red Peppers Fresh Fruit
Monday, January 13	Tuesday, January 14	Wednesday, January 15	Thursday, January 16	Friday, January 17
A-Mini Meatball Sub B-Turkey on Pretzel Bun Ranch Potato Wedges Tossed Salad Fresh Fruit	A- Chicken Drumstick WG Roll B-Philly Sub Baked Beans Creamy Coleslaw Fruit Cocktail-canned	A-Yummy Sloppy Joe on Bun B-Beef Stroganoff w/ W.G. Rotini Cherry Tomatoes Peas, Fresh Fruit	A-Chicken & Waffle B-Irish Nachos w/ cornbread Fresh Baby Carrots Sassy Sweet Potatoes Citrus Fruit Cup	A-Mini Pancakes Sausage Patty B-Chicken Strips w/ W.G Biscuit Wax Beans Hash Brown Patty, Fruit
Monday, January 20	Tuesday, January 21	Wednesday, January 22	Thursday, January 23	Friday, January 24
MARTIN LUTHER KING JR. Day 	A-Corn Dog B-Sub Bar Orange Glazed Carrots Broccoli Florets Royal Brownie 9-12 Pineapple canned	A-Chicken Soft Shell Taco B-Walking Taco Tortilla Chips 9-12 Black Bean & Corn Salsa Refried Beans, Fruit	A-Cowboy Cavatini B-Crispito Whole Wheat Roll 9-12 Seasoned Corn Italian Vegetables Fruit Sidekick	A-Pizza B-Chicken Quesadilla Peas & Carrots Tater Tots Fresh Fruit
Monday, January 27	Tuesday, January 28	Wednesday, January 29	Thursday, January 30	Friday, January 31
A-Hamburger on a Bun B-Turkey & Cheese Wrap Romaine Lettuce Tomato Slice Oven Fries Pasta Salad 9-12, Fruit	A-Wranglers Chili B-Grilled Chicken Cornbread Muffin Red Bell Pepper Strips Tomato & Corn Salad Pears canned	A-Chicken Nuggets B-Salisbury Steak Whole Wheat Roll Mashed Potatoes & Gravy Steamed Broccoli Fresh Fruit	A-Baked Ham B-Poppin Chicken Bowl WG Biscuit Apple Glazed Sweet Potatoes Bean Salad Fruit Cup	A-Macaroni & Cheese Meatballs B-Mini Corndogs Sunshine Garden Salad Catalina Vegetables Fresh Fruit

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.