

Spoon River Valley CUSD#4

www.spoon-river.k12.il.us

Nutrition Byte

Now Playing: School Lunch

Did you know October 12-16 is officially National School Lunch Week? The National School Lunch Program serves nearly 30 million children every school day. President John F. Kennedy created National School Lunch Week (NSLW) to promote the importance of a healthy school lunch in a student's life and the impact it has inside and outside of the classroom. The COVID-19 pandemic has without a doubt shown just how incredibly important school meals are for students and their families.

During NSLW, School Nutrition professionals, school staff and students will find new ways to safely celebrate with their schools and districts through special menus, events, activities and more. The 2020 NSLW theme *Now Playing: School Lunch!* will put a spotlight on hit menu items that students love while capitalizing on the popularity of movies.

Just as there are award winners for the movies, let's lift up our essential School Nutrition professionals during #NSLW2020 and all month for their amazing efforts to provide appealing, nutritious school meals every day. For more info about school meals and NSLW, go to www.schoolnutrition.org.

October

- National Apple Month
- National Farm to School Month
- National School Lunch Week

K-12 Breakfast Menu

October 2020

			Thursday, October 1	Friday, October 2
<div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> 1% Low-fat Milk & 1% Chocolate Milk offered with Breakfast and Lunch </div>			Mini Cream Cheese Bagel 100% Fruit Juice Fruit	Frudel 100% Fruit Juice Fruit
Monday, October 5	Tuesday, October 6	Wednesday, October 7	Thursday, October 8	Friday, October 9
Breakfast Tornado 100% Fruit Juice Fruit	Berry French Toast 100% Fruit Juice Fruit	WG Cereal Yogurt 100% Fruit Juice Fruit	Breakfast Boat 100% Fruit Juice Fruit	Pancakes Bites 100% Fruit Juice Fruit
Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16
	Breakfast Bar 100% Fruit Juice Fruit	Omelet 100% Fruit Juice Fruit	WG Donut 100% Fruit Juice Fruit	Mini Pancakes 100% Fruit Juice Fruit
Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
Mini Waffles 100% Fruit Juice Fruit	Bfast Sandwich 100% Fruit Juice Fruit	WG Cereal Poptart 100% Fruit Juice Fruit	Pancake on Stick 100% Fruit Juice Fruit	
Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29	Friday, October 30
WG Muffin 100% Fruit Juice Fruit	Cinni Minnis 100% Fruit Juice Fruit	Breakfast Burrito 100% Fruit Juice Fruit	Mini Cream Cheese Bagel 100% Fruit Juice Fruit	Frudel 100% Fruit Juice Fruit

Menus are subject to change.

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