

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 Lunch 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>			Chicken Strips Assorted Veggies Fruit	Ham on Pretzel Bun Assorted Veggies Fruit
Monday, October 5	Tuesday, October 6	Wednesday, October 7	Thursday, October 8	Friday, October 9
Hotpocket Assorted Veggies Fruit	Beef Sliders Assorted Veggies Fruit	Toasted Ravioli Assorted Veggies Fruit	Max Sticks Assorted Veggies Fruit	Turkey Sub Assorted Veggies Fruit
Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16
	Chicken Nuggets Assorted Veggies Fruit	Chicken Quesadilla Assorted Veggies Fruit	Bosco Sticks Assorted Veggies Fruit	Ham & Cheese on bun Assorted Veggies Fruit
Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
Hotdog on bun Assorted Veggies Fruit	Walking Taco Assorted Veggies Fruit	Pizza Bites Assorted Veggies Fruit	Chicken Patty on bun Assorted Veggies Fruit	<div style="background-color: black; color: white; padding: 10px; text-align: center;"> NO SCHOOL <i>ON Friday</i> </div>
Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29	Friday, October 30
Hamburger on Bun Assorted Veggies Fruit	Calzone Assorted Veggies Fruit	Corndog Assorted Veggies Fruit	Chicken Strips Assorted Veggies Fruit	Ham on Pretzel Bun Assorted Veggies Fruit

Menus are subject to change.

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