

Nutrition Byte

Tips to Stay Healthy

Take steps to keep you and your family healthy and reduce your risk for illness.

- Avoid touching your face.
- Wait 6 feet away from others.
- Wash your hands with soap and water for at least 20 seconds. If you don't have access to soap and water, use hand sanitizer with at least 60% alcohol, until you can wash your hands.
- Use healthy strategies to manage stress.
- Be active—at least 30 minutes daily for adults and 60 minutes daily for kids.
- Get enough sleep.
- Drink water, lowfat or fat free milk or 100% fruit or vegetable juice. Limit sugar-sweetened beverages.
- Eat a healthy diet, including whole grains, lean protein, lowfat or fat free dairy, and a variety of fruits and veggies.



September

- ♣ ▪ Fruit & Veggies—More Matters™ Month
- ♣ ▪ National Childhood Obesity Awareness Month

K-12 Lunch Menu

September 2020

	Tuesday, September 1	Wednesday, September 2	Thursday, September 3	Friday, September 4
	Calzone Assorted Veggies Fruit	Mini Corn Dogs Assorted Veggies Fruit	Crispito Assorted Veggies Fruit	Ham on Pretzel Bun Assorted Veggies Fruit
Monday, September 7	Tuesday, September 8	Wednesday, September 9	Thursday, September 10	Friday, September 11
	Beef Sliders Assorted Veggies Fruit	Toasted Ravioli Assorted Veggies Fruit	Max Sticks Assorted Veggies Fruit	Turkey Sub Assorted Veggies Fruit
Monday, September 14	Tuesday, September 15	Wednesday, September 16	Thursday, September 17	Friday, September 18
Chicken Nuggets Assorted Veggies Fruit	Chicken Quesadilla Assorted Veggies Fruit	Bosco Sticks Assorted Veggies Fruit	Ham & Cheese on bun Assorted Veggies Fruit	
Monday, September 21	Tuesday, September 22	Wednesday, September 23	Thursday, September 24	Friday, September 25
Hotdog on Bun Assorted Veggies Fruit	Walking Taco Assorted Veggies Fruit	Pizza Bites Assorted Veggies Fruit	Chicken Patty on Bun Assorted Veggies Fruit	Turkey Croissant Assorted Veggies Fruit
Monday, September 28	Tuesday, September 29	Wednesday, September 30		
Hamburger on Bun Assorted Veggies Fruit	Calzone Assorted Veggies Fruit	Corndog Assorted Veggies Fruit		

1% Low-fat Milk
 &
 Chocolate Milk
 offered with
 Breakfast and Lunch

Menus are subject to change.

Spoon River Valley CUSD #4 35265 N IL Hwy 97 London Mills, IL 61544

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