

November 2018

Food Bytes


Take a Hike

Hiking is not only fun. It's good for you, too. Regular physical activity, like hiking, can help us look good and feel good. It gives us energy. Being out in nature is great for our bodies and minds. November 17 would be a great time to go on a family hike because it is national Take a Hike Day.

U.S. State Parks issued the 100 Mile Challenge to encourage us to be active, get outside and explore parks. We can find parks nearby, log miles, earn digital badges, and win prizes. Our state is also part of Kids in Parks and the TRACK Trail program, which offers family-friendly adventures with self-guided tours, games and prizes.

Before you go on a hike, plan to:

- Wear sturdy, comfortable shoes and good socks. Use sunscreen, bug repellent, sunglasses and a hat.
- Pack a snack and extra water.
- Let someone know where you're going.
- Lock valuables in the trunk.
- Bring a trail map or take a photo of the map with your phone. Stay on the trail.
- Pick the right trail for your fitness level.
- Pay attention to the weather.
- Do not remove any natural objects. Do your part by carrying out your trash.
- Enjoy the beautiful landscapes!

| | | | Thursday, November 1 | Friday, November 2 |
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| <div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> 1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch </div> | | | Chicken Patty on bun Au gratin Potatoes Green Beans Fresh Fruit |  |
| Monday, November 5 | Tuesday, November 6 | Wednesday, November 7 | Thursday, November 8 | Friday, November 9 |
| Bosco Sticks w/ Marinara Sauce Cucumber & Cherry Tomatoes Wax Beans Fresh Fruit | Super Nachos Cowboy Corn Salad Red Pepper Strips Applesauce Canned | Stromboli Tossed Salad Seasoned Peas Fresh Fruit | Pulled Pork Sandwich Creamy Cole Slaw Baked Beans Fruit Yogurt Parfait | Hotdog on Bun Steamed Carrots Fresh Celery Fresh Fruit |
| Monday, November 12 | Tuesday, November 13 | Wednesday, November 14 | Thursday, November 15 | Friday, November 16 |
| Pig in a Blanket Roasted Red Potatoes Broccoli w/ cheese Fresh Fruit | Pizza Crunchers w/sauce Sweet Potato Fries Fresh Cauliflower Tropical Mixed Fruit-canned | Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans Fresh Fruit | Chef's Choice for Entrée, Grain, Vegetable, and Fruit | Mini Tacos Salsa Spicy Pinto Beans Red Peppers Fresh Fruit |
| Monday, November 19 | Tuesday, November 20 | Wednesday, November 21 | Thursday, November 22 | Friday, November 23 |
| Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fresh Fruit | Crispy Chix Drumstick Baked Beans Creamy Cole Slaw Fruit Cocktail Canned |  |  | |
| Monday, November 26 | Tuesday, November 27 | Wednesday, November 28 | Thursday, November 29 | Friday, November 30 |
| BBQ Pork Rib on a Bun Romaine Lettuce & Tomato Slice Sweet Potato Puffs Fresh Fruit | Corn Dog Baked Potato Chips Broccoli Salad Pineapple canned | Chicken Soft Shell Taco Southwest Salsa Refried Beans Fresh Fruit | Cowboy Cavatini Seasoned Corn Italian Vegetables Fruit Sidekicks | Pizza Peas & Carrots Tater Tots Fresh Fruit |

November

- Good Nutrition Month
- Thanksgiving

Menus are subject to change.

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