

November 2019

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.

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. . .

Before you go on a hike, plan to:

- Wear sturdy, comfortable shoes and good socks. Use sunscreen, insect repellent, sunglasses and a hat.
- Pack a snack and extra water.
- Let someone know where you're going.
- Lock valuables in the trunk of your car.
- 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!

Nutrilinks:

- www.kidsinparks.com

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

				Friday, November 1
				A-Chicken Patty on bun B- Beef Sliders Au gratin Potatoes Green Beans Fresh Fruit Choice
Monday, November 4	Tuesday, November 5	Wednesday, November 6	Thursday, November 7	Friday, November 8
A-Bosco Stick B-Chicken Tetrazzini w/ garlic bread California Blend Vegetables Cherry Tomatoes WG Snickerdoodle (9-12), Fresh Fruit	A-Nachos Extra Tortilla Chips (9-12) B- Chicken & Cheese Burrito Cowboy Corn Salad Red Pepper Strips Spiced Apples	A-Stromboli Square B-Toasted Ravioli w/ sauce Tossed Salad Seasoned Peas Fresh Fruit Choice	A-Hotdog on bun B-French Bread Pizza Savory Carrots Seasoned Corn Mandarin Oranges-canned	
Monday, November 11	Tuesday, November 12	Wednesday, November 13	Thursday, November 14	Friday, November 15
	A-Pig in a Blanket B-Chicken Parmesan Sub Roasted Red Potatoes Broccoli Baked Pears w/Oat Topping (9-12), Trop. Fruit	A-Pizza Bites B-Turkey Ponyshoe Sweet Potato Fries Cauliflower Fresh Fresh Fruit Choice	A-Spaghetti w/ Meat Sauce B-Tater Tot Casserole Garlic Bread Garden Salad Green Beans Fruit Cup	A-Mini Tacos B-Chicken Quesadilla Tortilla Chips (9-12) Spicy Pinto Beans Red Peppers Fresh Fruit Choice
Monday, November 18	Tuesday, November 19	Wednesday, November 20	Thursday, November 21	Friday, November 22
A-Mini Meatball Sub B-Turkey on Pretzel Bun Ranch Potato Wedges Tossed Salad Fresh Fruit	A- Chicken Drumstick B-Philly Sub Hearth Whole Grain Roll Baked Beans Creamy Cole Slaw Fruit Cocktail-canned	A-Mini Pancakes Sausage Patty B-Chicken Strips w/ W.G Small Biscuit Wax Beans Hash Brown Patty Fresh Fruit Choice	School Thanksgiving Turkey, Mashed Potatoes & Gravy, Green Beans, Stuffing, Roll, Pumpkin Bar	A: Turkey & Noodles B: Chef's Choice Mashed Potatoes Corn Fresh Fruit Choice
Monday, November 25	Tuesday, November 26	Wednesday, November 27	Thursday, November 28	Friday, November 29
A-Corn Dog B-Chef's Choice Orange Glazed Carrots Broccoli Florets Fresh Fruit Choice	A-Pizza B-Chef's Choice Peas & Carrots Tater Tots Pineapple canned			

Menus are subject to change.

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This institution is an equal opportunity provider.

November

- Good Nutrition Month
- Thanksgiving