

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

<p>1% Low-fat Milk &amp; 1% Chocolate Milk offered with Breakfast and Lunch</p>				<p>Friday, November 1</p> <p>Chicken Patty on bun          Au gratin Potatoes          Green Beans          Fresh Fruit Choice</p>
<p>Monday, November 4</p> <p>Bosco Stick          California Blend Vegetables          Cherry Tomatoes          Fresh Fruit</p>	<p>Tuesday, November 5</p> <p>Nachos          Cowboy Corn Salad          Red Pepper Strips          Spiced Apples</p>	<p>Wednesday, November 6</p> <p>Stromboli Square          Tossed Salad          Seasoned Peas          Fresh Fruit Choice</p>	<p>Thursday, November 7</p> <p>Hotdog on bun          Savory Carrots          Seasoned Corn          Mandarin Oranges-canned</p>	<p>Friday, November 8</p> <p><b>EARLY DISMISSAL</b></p>
<p>Monday, November 11</p> <p></p>	<p>Tuesday, November 12</p> <p>Pig in a Blanket          Roasted Red Potatoes          Broccoli          Tropical Fruit</p>	<p>Wednesday, November 13</p> <p>Pizza Bites          Sweet Potato Fries          Cauliflower Fresh          Fresh Fruit Choice</p>	<p>Thursday, November 14</p> <p>Spaghetti w/ Meat Sauce          Garlic Bread          Garden Salad          Green Beans          Fruit Cup</p>	<p>Friday, November 15</p> <p>Mini Tacos          Spicy Pinto Beans          Red Peppers          Fresh Fruit Choice</p>
<p>Monday, November 18</p> <p>Mini Meatball Sub          Ranch Potato Wedges          Tossed Salad          Fresh Fruit</p>	<p>Tuesday, November 19</p> <p>Chicken Drumstick          Hearth Whole Grain Roll          Baked Beans          Creamy Cole Slaw          Fruit Cocktail-canned</p>	<p>Wednesday, November 20</p> <p>Mini Pancakes          Sausage Patty          Wax Beans          Hash Brown Patty          Fresh Fruit Choice</p>	<p>Thursday, November 21</p> <p><b>School Thanksgiving</b>          Turkey, Mashed Potatoes &amp; Gravy,          Green Beans, Stuffing, Roll, Pumpkin Bar</p>	<p>Friday, November 22</p> <p>Turkey &amp; Noodles          Mashed Potatoes          Corn          Fresh Fruit Choice</p>
<p>Monday, November 25</p> <p>Corn Dog          Orange Glazed Carrots          Broccoli Florets          Fresh Fruit Choice</p>	<p>Tuesday, November 26</p> <p>Pizza          Peas &amp; Carrots          Tater Tots          Pineapple canned</p>	<p>Wednesday, November 27</p> <p><b>NO SCHOOL Thanksgiving Break</b></p>	<p>Thursday, November 28</p> <p>Friday, November 29</p> <p><b>HAPPY THANKSGIVING</b></p>	

Menus are subject to change.

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This institution is an equal opportunity provider.

November

- Good Nutrition Month
- Thanksgiving