

## 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.

N.C. 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. Share your trail adventures using #NC100Miles. 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!

### Nutrilinks:

- <https://nc100miles.org>
- [www.kidsinparks.org](http://www.kidsinparks.org)

Monday, November 5		Tuesday, November 6		Wednesday, November 7		Thursday, November 8		Friday, November 9	
 <p>North Carolina STATE PARKS 100 MILE CHALLENGE</p>		 <p>GIVE THANKS</p>		<p>Super Donut Mixed Fruit</p> <p>*Chicken Filet / Bun *Tuna Salad/ Crackers Black Eyed Peas Garden Salad Strawberry Pineapple Parfait</p>		<p>Pancake on Stick Chilled Pears</p> <p>*Wild Mikes Pizza * Marinara Dipping Sauce Potato Wedges Broccoli Cheese Sauce Mandarin Oranges</p>			
Monday, November 12		Tuesday, November 13		Wednesday, November 14		Thursday, November 15		Friday, November 16	
 <p>Veterans Day</p>		<p>Spicy Chicken Biscuit Chilled Peaches</p> <p>*Beanie Weenies/Breadsticks * Sloppy Joe/ Bun Steamed Carrots Broccoli Cheese Sauce Warm Spiced Pears</p>		<p>Breakfast Pizza Golden Raisins</p> <p>*Spaghetti/Garlic Toast * Jaguar Submarine Seasoned Spinach Mixed Veggies Fruit Ice Cup</p>		<p>Cinnamon Crumb Cake Mixed Fruit</p> <p>* Turkey /Gravy /Stuffing * Tuna Salad/ Crackers Yeast Rolls, Cranberry Sauce Collard Greens, Candied Yams Warm Apple Crisp</p>		<p>Pancake on Stick Chilled Pears</p> <p>*Wild Mikes Pizza Marinara Dipping Sauce Potato Wedges Roasted Broccoli Mandarin Oranges</p>	
Monday, November 19		Tuesday, November 20		Wednesday, November 21		Thursday, November 22		Friday, November 23	
<p>Cinnamon Crumb Cake Chilled Peaches</p> <p>*Pork BBQ/Bun *Roasted Hotdog/ Roll Coleslaw, Baked Beans Golden Corn Golden Raisins</p>		<p>Managers Choice</p>		<p>OW</p>  <p>Happy Thanksgiving</p>		<p>Cinnamon Crumb Cake Mixed Fruit</p>		<p>Pancake on Stick Chilled Pears</p>	
Monday, November 26		Tuesday, November 27		Wednesday, November 28		Thursday, November 29		Friday, November 30	
<p>Maple Waffles Pineapple Tidbits</p> <p>* Beefy Nachos * Chicken Quesadilla Salsa / Sour Cream Tortilla Chips Green Beans Chilled Pears</p>		<p>Spicy Chicken Biscuit Chilled Peaches</p> <p>*Beanie Weenies/Breadsticks * Sloppy Joe/ Bun Steamed Carrots Broccoli Cheese Sauce Warm Spiced Pears</p>		<p>Breakfast Pizza Golden Raisins</p> <p>*Spaghetti/Bread Stick * Jaguar Submarine Seasoned Spinach Mixed Veggies Fruit Ice Cup</p>		<p>Cinnamon Crumb Cake Mixed Fruit</p> <p>*Beef Veggie Soup/Corn Muffin *Tuna Salad/ Crackers Black Eyed Peas Cabbage w/Carrots Strawberry Pineapple Parfait</p>		<p>Pancake on Stick Chilled Pears</p> <p>*Wild Mikes Pizza * Marinara Dipping Sauce Potato Wedges Roasted Broccoli Mandarin Oranges</p>	

## November

- Good Nutrition Month
- Thanksgiving

Source: <https://www.ncparks.gov>



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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<http://childnutrition.ncpublicschools.gov>

### Available Daily:

Breakfast : Cereal, Graham Crackers, 100% Fruit Juice  
Breakfast & Lunch : Canned & Fresh Fruit  
Flavored & unflavored 1 % Milk