

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
<div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #e0f0e0;">           1% Low-fat Milk &amp; Fat Free Chocolate Milk offered with Breakfast and Lunch         </div>				 A-Chicken Patty on bun <b>B-Chef's Choice</b> Au gratin Potatoes Green Beans Fresh Fruit
Monday, November 5	Tuesday, November 6	Wednesday, November 7	Thursday, November 8	Friday, November 9
A-Bosco Sticks w/ Marinara Sauce <b>B- Chicken Trazzini w/ garlic bread</b> Cucumber & Cherry Tomatoes Wax Beans Fresh Fruit	A-Super Nachos <b>B-Chicken &amp; Cheese Burrito</b> Cowboy Corn Salad Red Pepper Strips Applesauce Canned	A-Stromboli <b>B-Toasted Ravioli</b> Tossed Salad Seasoned Peas Fresh Fruit	A-Pulled Pork Sandwich <b>B-Chicken Pot Pie w/ biscuit</b> Creamy Cole Slaw Baked Beans Fruit Yogurt Parfait	A-Hotdog on Bun <b>B-French Bread Pizza</b> Steamed Carrots Fresh Celery Fresh Fruit
Monday, November 12	Tuesday, November 13	Wednesday, November 14	Thursday, November 15	Friday, November 16
A-Pig in a Blanket <b>B-Chicken Parmesan Sub</b> Roasted Red Potatoes Broccoli w/ cheese Fresh Fruit	A- Pizza Crunchers w/sauce <b>B-Turkey Ponyshoe</b> Sweet Potato Fries Fresh Cauliflower Tropical Mixed Fruit-	A-Spaghetti w/ Meat Sauce <b>B-Tater Tot Casserole</b> Garlic Bread Garden Salad Green Beans, Fresh Fruit	<b>Chef's Choice for Entrée, Grain, Vegetable, and Fruit</b>	A-Mini Tacos <b>B-Chef's Choice</b> <b>Tortilla Chips (9-12)</b> Salsa, Red Peppers Spicy Pinto Beans Fresh Fruit
Monday, November 19	Tuesday, November 20	Wednesday, November 21	Thursday, November 22	Friday, November 23
A-Mini Meatball Sub <b>B-BLT on Croissant</b> Ranch Potato Wedges Tossed Salad Fresh Fruit	A-Crispy Chix Drumstick <b>B-Chef's Choice</b> Baked Beans Creamy Cole Slaw Fruit Cocktail Canned			
Monday, November 26	Tuesday, November 27	Wednesday, November 28	Thursday, November 29	Friday, November 30
A-BBQ Pork Rib on a Bun <b>B- Twisted BBQ Nachos</b> Romaine Lettuce & Tomato Slice Sweet Potato Puffs Fresh Fruit	A-Corn Dog <b>B-Sub Bar</b> Baked Potato Chips Broccoli Salad Pineapple canned	A-Chicken Soft Shell Taco <b>B-Walking Taco</b> <b>Tortilla Chips (9-12)</b> Southwest Salsa Refried Beans Fresh Fruit	A-Cowboy Cavatini <b>B-Crispito</b> <b>Whole Wheat Roll 9-12</b> Seasoned Corn Italian Vegetables Fruit Sidekicks	A-Pizza <b>B-Max Sticks</b> Peas & Carrots Tater Tots Fresh Fruit

**Menus are subject to change.**

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

This institution is an equal opportunity provider.

November

- Good Nutrition Month
- Thanksgiving