

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
1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch			Pancakes w/ syrup 100% Fruit Juice Fresh Fruit	Breakfast Pizza 100% Fruit Juice Pears canned
Monday, November 5	Tuesday, November 6	Wednesday, November 7	Thursday, November 8	Friday, November 9
WG Cereal String Cheese 100% Fruit Juice Apricot canned	Pancake on a stick w/ syrup 100% Fruit Juice Fresh Fruit	Biscuit & Gravy 100% Fruit Juice Applesauce canned	Sausage Breakfast Sandwich 100% Fruit Juice Fresh Fruit	WG Muffin 100% Fruit Juice Peaches canned
Monday, November 12	Tuesday, November 13	Wednesday, November 14	Thursday, November 15	Friday, November 16
Waffles w/ syrup 100% Fruit Juice Fruit Cocktail canned	WG Donut 100% Fruit Juice Fresh Fruit	Breakfast Bosco 100% Fruit Juice Pineapple canned	Breakfast Burrito 100% Fruit Juice Fresh Fruit	WG Cinnamon Roll 100% Fruit Juice Mixed Tropical Fruit canned
Monday, November 19	Tuesday, November 20	Wednesday, November 21	Thursday, November 22	Friday, November 23
WG Cereal Yogurt Cup 100% Fruit Juice Mandarin Oranges canned	Pancake Bites w/syrup 100% Fruit Juice Fresh Fruit			
Monday, November 26	Tuesday, November 27	Wednesday, November 28	Thursday, November 29	Friday, November 30
Banana Pancakes w/ syrup 100% Fruit Juice Apple Slices canned	WG Cinnamon Roll 100% Fruit Juice Fresh Fruit	Breakfast Pizza 100% Fruit Juice Pears canned	English Muffin w/ sausage 100% Fruit Juice Fresh Fruit	WG Muffin 100% Fruit Juice Peaches canned

Menus are subject to change.

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This institution is an equal opportunity provider.

November

- Good Nutrition Month
- Thanksgiving