

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

				Friday, November 1
				WG Donut 100% Fruit Juice Fruit
Monday, November 4	Tuesday, November 5	Wednesday, November 6	Thursday, November 7	Friday, November 8
WG Cereal String Cheese 100% Fruit Juice Apricots-canned	Pancake on 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 11	Tuesday, November 12	Wednesday, November 13	Thursday, November 14	Friday, November 15
	WG Waffles w/ syrup 100% Fruit Juice Fresh Fruit	Bagel 100% Fruit Juice Pineapple canned	Breakfast Burrito 100% Fruit Juice Fresh Fruit	Cinnamon Roll 100% Fruit Juice Pears canned
Monday, November 18	Tuesday, November 19	Wednesday, November 20	Thursday, November 21	Friday, November 22
WG Cereal Yogurt Cup 100% Fruit Juice Mandarin Oranges canned	Biscuit & Gravy 100% Fruit Juice Fresh Fruit	WG Coffeecake 100% Fruit Juice Applesauce canned	Omelet 100% Fruit Juice Fresh Fruit	French Toast Sticks w/ syrup 100% Fruit Juice Fruit Cocktail canned
Monday, November 25	Tuesday, November 26	Wednesday, November 27	Thursday, November 28	Friday, November 29
Pancakes w/ syrup 100% Fruit Juice Peaches canned	Breakfast Pizza 100% Fruit Juice Fresh Fruit			

Menus are subject to change.

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This institution is an equal opportunity provider.

November

- Good Nutrition Month
- Thanksgiving