

## 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!




#### DAILY BREAKFAST OFFERING:

- Variety of whole grain cereals
- 100 % fruit juice/ fresh fruits
- Choice of milk (1% white, skim chocolate or skim strawberry)

#### DAILY LUNCH OFFERINGS:

- Chef salad offered Monday-Thursday
- Choice of milk (1% white, skim chocolate or skim strawberry)
- Fresh fruit a day.

# ACS NOVEMBER 2018 LUNCH MENU (K-12)

				Thursday, November 1	Friday, November 2
				<b>BREAKFAST</b> Grits/butter  <b>LUNCH</b> Sloppy Joe Burrito Green beans Baked beans Strawberry cup	<b>BREAKFAST</b> Sausage/biscuit <b>LUNCH</b> Stuffed crust pizza Fish sandwich Tossed salad Cherry tomatoes French fries Apple crisp
<b>Monday, November 5</b>	<b>Tuesday, November 6</b>	<b>Wednesday, November 7</b>	<b>Thursday, November 8</b>	<b>Friday, November 9</b>	
<b>BREAKFAST</b> Breakfast pizza  <b>LUNCH</b> Chicken tenders Hot hamburger plate Rice Pinto beans Baby carrots Peach cup	<b>BREAKFAST</b> French toast stick/ syrup  <b>LUNCH</b> Spaghetti/crackers Burrito Broccoli Corn Strawberry cup	<b>BREAKFAST</b> Warm muffin  <b>LUNCH</b> Nachos Tuna salad/crackers Collards Baked beans Pears	<b>BREAKFAST</b> Grits/butter  <b>LUNCH</b> Meat loaf/dinner roll Chicken fajitas Sweet potato fluff Green beans Applesauce	<b>BREAKFAST</b> Sausage/biscuit <b>LUNCH</b> Stuffed crust pizza Fish nuggets Tossed salad Cherry tomatoes Tater tots Apple crisp	
<b>Monday, November 12</b>	<b>Tuesday, November 13</b>	<b>Wednesday, November 14</b>	<b>Thursday, November 15</b>	<b>Friday, November 16</b>	
	<b>BREAKFAST</b> French toast stick/ syrup  <b>LUNCH</b> Chicken tenders/rice Pork chop sandwich Pinto beans Baby carrots Strawberry cup	<b>BREAKFAST</b> Warm muffin  <b>LUNCH</b> Oven roasted chicken Pork BBQ Dinner roll Mashed potatoes Collards Peaches	<b>BREAKFAST</b> Grits/butter  <b>LUNCH</b> Cheeseburger Burrito Baked beans Okra Pears	<b>BREAKFAST</b> Sausage/biscuit <b>LUNCH</b> Stuffed crust pizza Fish sandwich Tossed salad Cherry tomatoes French fries Apple crisp	
<b>Monday, November 19</b>	<b>Tuesday, November 20</b>	<b>Wednesday, November 21</b>	<b>Thursday, November 22</b>	<b>Friday, November 23</b>	
<b>BREAKFAST</b> Breakfast pizza  <b>LUNCH</b> Chicken tenders Hamb. patty w/gravy Rice Pinto beans Corn Peaches	<b>BREAKFAST</b> French toast stick/ syrup <b>LUNCH</b> Turkey and gravy Sliced ham Dinner roll Mashed potatoes Baked beans Cranberry sauce	<b>BREAKFAST</b> Warm muffin  <b>HALF DAY OF SCHOOL!</b> <b>LUNCH</b> Ham and cheese sandwich Baby carrots Raisins Milk			
<b>Monday, November 26</b>	<b>Tuesday, November 27</b>	<b>Wednesday, November 28</b>	<b>Thursday, November 29</b>	<b>Friday, November 30</b>	
<b>BREAKFAST</b> Breakfast pizza  <b>LUNCH</b> Chicken tenders/rice Pork chop sandwich Pinto beans Baby carrots Peaches	<b>BREAKFAST</b> French toast stick/ syrup <b>LUNCH</b> Chicken stir fry w/ rice Burrito Broccoli Sweet potato fluff Strawberry cup	<b>BREAKFAST</b> Warm muffin  <b>LUNCH</b> Street tacos Chicken fajitas Baked beans Okra Pears	<b>BREAKFAST</b> Grits/butter  <b>LUNCH</b> Sloppy Joe Corn dog nuggets Green beans Corn Peaches	<b>BREAKFAST</b> Sausage/biscuit <b>LUNCH</b> Stuffed crust pizza Fish nuggets Tossed salad Cherry tomatoes Tater tots Apple crisp	