

Families Making the Connection

Take a Hike

When was the last time you went on a hike? November 17 would be a great time to go on a family hike because it is national Take a Hike Day. Hiking is not only fun. It is good for you, too. Regular physical activity, like hiking, enhances our health and fitness and improves the length and quality of our lives. Being out in nature is wonderful for our bodies and minds.

N.C. State Parks have issued the 100 Mile Challenge to encourage individuals and families to be physically active, get outside and explore parks. You can find out about the challenge and parks near you, log your miles, earn digital badges, and redeem prizes for your milestones at <https://nc100miles.org>. Our state is part of Kids in Parks with many of our state parks participating in the TRACK Trail program, which offers family-friendly adventures with self-guided tours, games and prizes. For more info, visit to www.kidsinparks.com.

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 vehicle.
- Bring a trail map or take a photo of the map with your cell phone. Stay on the trail.
- Choose 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!



Lunch Menu for November 2019

Cabarrus County Elementary Schools

				Friday, November 1
				<p>Entrée: 4x6 Cheese and Pepperoni Pizza Cheesy Baked Potato</p> <p>Vegetables: Broccoli and Cheese Fresh Veggie Cup</p> <p>Fruit: Craisins Fresh Fruit</p>
Monday, November 4	Tuesday, November 5	Wednesday, November 6	Thursday, November 7	Friday, November 8
<p>Entrée: Chicken & Waffles Grilled Cheese</p> <p>Vegetables: Tomato Soup French Fries</p> <p>Fruit: Frozen Fruit Cup Fresh Fruit</p>	<p>Planning/Staff Development</p> <p>No School</p>	<p>Entrée: Cheese Dippers w/ Marinara Chicken Alfredo Bake</p> <p>Vegetables: Green Beans Garden Salad</p> <p>Fruit: Lindy's Froot Jooce Fresh Fruit</p>	<p>Entrée: Classic Mac & Cheese Chicken "Pot Pie" w/ Biscuit Sticks</p> <p>Vegetables: Sweet Potato Fluff Cucumber Cups</p> <p>Fruit: Sliced Peaches Fresh Fruit</p>	<p>Entrée: 4x6 Cheese and Pepperoni Pizza Meatball Sub</p> <p>Vegetables: Steamed Broccoli Fresh Veggie Cup</p> <p>Fruit: Applesauce Cup Fresh Fruit</p>
Monday, November 11	Tuesday, November 12	Wednesday, November 13	Thursday, November 14	Friday, November 15
<p>Veteran's Day Holiday</p> <p>No School</p>	<p>Entrée: Fiesta Nachos Chicken Nuggets w/ Breadstick</p> <p>Vegetables: Mexican Beans Steamed Corn Baby Carrots</p> <p>Fruit: Mixed Fruit Fresh Fruit</p>	<p>Entrée: Orange Chicken w/ Rice Stuffed Crust Pizza</p> <p>Vegetables: Glazed Carrots Steamed Broccoli</p> <p>Fruit: Good Fortunes Ice Fresh Fruit</p>	<p>Entrée: French Toast Sticks & Bacon Grilled Cheese</p> <p>Vegetables: Potato Wedges Garden Salad</p> <p>Fruit: Apple Crisp Fresh Fruit</p>	<p>Entrée: 4x6 Cheese and Pepperoni Pizza Western BBQ Sandwich</p> <p>Vegetables: Green Beans Fresh Veggie Cup</p> <p>Fruit: Raisins Fresh Fruit</p>
Monday, November 18	Tuesday, November 19	Wednesday, November 20	Thursday, November 21	Friday, November 22
<p>Entrée: Popcorn Chicken Hamburger/Cheeseburger</p> <p>Vegetables: Steamed Corn Mashed Potatoes</p> <p>Fruit: Applesauce Fresh Fruit</p>	<p>Entrée: Chicken Nachos Baked Spaghetti</p> <p>Vegetables: Mixed Cali Veggies Baby Carrots</p> <p>Fruit: Peach Cup Fresh Fruit</p>	<p>Entrée: Fish Sandwich Pepperoni Pizza Pocket</p> <p>Vegetables: Glazed Carrots Garden Salad</p> <p>Fruit: Diced Pears Fresh Fruit</p>	<p>~ Holiday Meal ~</p> <p>Roasted Turkey w/ Gravy Yeast Roll Cobread Stuffing Sweet Potato Fluff Cranberry Sauce Fresh Fruit</p> <p>Other Entrée Option: Corn Dog (with same fruit and veg offerings listed above)</p>	<p>Entrée: 4x6 Cheese and Pepperoni Pizza Cheesy Baked Potato</p> <p>Vegetables: Broccoli and Cheese Fresh Veggie Cup</p> <p>Fruit: Craisins Fresh Fruit</p>
Monday, November 25	Tuesday, November 26	Wednesday, November 27	Thursday, November 28	Friday, November 29
<p>Entrée: Chicken & Waffles Grilled Cheese</p> <p>Vegetables: Baked Beans Mixed Cali Veggies</p> <p>Fruit: Frozen Fruit Cup Fresh Fruit</p>	<p>Entrée: 4x6 Cheese and Pepperoni Pizza</p> <p>Vegetables: Baby Carrots Veggie Juice</p> <p>Fruit: Raisins Applesauce Cups</p>	<p>Thanksgiving Break</p> <p>No School</p>	<p>Thanksgiving Break</p> <p>No School</p>	<p>Thanksgiving Break</p> <p>No School</p>

November

- Good Nutrition Month
- Thanksgiving