

## 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](http://www.kidsinparks.com).

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 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!

## The Point College Preparatory & Leadership Academy Nov. K-8 Lunch Menu

			Thursday, November 1	Friday, November 2
			PHILLY CHEESESTEAK W/ ONIONS & GREEN PEPPERS  YELLOW CORN PINEAPPLE TIDBITS  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD MIX W/ RANCH TOMATOES CUCUMBERS ORANGES  LOW FAT OR SKIM MILK
	Monday, November 5	Tuesday, November 6	Wednesday, November 7	Thursday, November 8
BBQ MEATBALLS W/G DINNER ROLL  BROWN RICE MIXED VEGETABLES PINEAPPLE TIDBITS  LOW FAT OR SKIM MILK	SPAGHETTI W/G ROLL  YELLOW CORN FRESH ORANGES  LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL  MASHED POTATOES DICED PEACHES  LOW FAT OR SKIM MILK	TACO SALAD W/NACHO CHEESE W/G TORTILLA CHIPS  PINTO BEANS FRESH ORANGES  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALD MIX W/ RANCH BABY CARROTS APPLE SAUCE  LOW FAT OR SKIIM MILK
Monday, November 12	Tuesday, November 13	Wednesday, November 14	Thursday, November 15	Friday, November 16
<b>NO SCHOOL</b>  <b>VERTERANS DAY</b>	PHILLY CHEESESTEAK W/ ONIONS & GREEN PEPPERS  YELLOW CORN PINEAPPLE TIDBITS  LOW FAT OR SKIM MILK.	TACO SALAD W/NACHO CHEESE W/G TORTILLA CHIPS  PINTO BEANS FRESH ORANGES  LOW FAT OR SKIM MILK	TURKEY W/ GRAVY W/G ROLL BROWN RICE MIXED VEGGIES SWEET POTATOES FRESH ORANGES  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD MIX W/ RANCH TOMATOES CUCUMBERS ORANGES  LOW FAT OR SKIM MILK
Monday, November 19	Tuesday, November 20	Wednesday, November 21	Thursday, November 22	Friday, November 23
<b>NO SCHOOL</b>  <b>THANKSGIVING BREAK</b>	<b>NO SCHOOL</b>  <b>THANKSGIVING BREAK</b>	<b>NO SCHOOL</b>  <b>THANKSGIVING BREAK</b>	<b>NO SCHOOL</b>  <b>THANKSGIVING BREAK</b>	<b>NO SCHOOL</b>  <b>THANKSGIVING BREAK</b>
Monday, November 26	Tuesday, November 27	Wednesday, November 28	Thursday, November 29	Friday, November 30
MEATBALLS W/ GRAVY W/G DINNER ROLL  MASHED POTATOES DICED PEACHES  LOW FAT OR SKIM MILK	SLOPPY JOE W/G HAMBURGER BUN  YELLOW CORN FRESH ORANGES  LOW FAT OR SKIM MILK	BAKED CHICKEN W/G DINNER ROLL  SWEET POTATOES PINEAPPLE TIDBITS  LOW FAT OR SKIM MILK	SPAGHETTI W/G DINNER ROLL  ROMAINE SALAD MIX W/ RANCH FRESH CUCUMBERS FRESH TOMATOES MANDARIN ORANGES  LOW FAT OR SKIM MILK	PIZZA  FRESH CARROTS FRESH CELERY ORANGE WEDGES  LOW FAT OR SKIM MILK

## November

- Good Nutrition Month
- Thanksgiving

Source: <https://www.ncparks.gov>



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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<http://childnutrition.ncpublicschools.gov>