

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, 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. 9-12 Lunch Menu

				Thursday, November 1	Friday, November 2
				PHILLY CHEESESTEAK W/ ONIONS & GREEN PEPPERS	PIZZA
				YELLOW CORN PINEAPPLE TIDBITS	ROMAINE SALAD MIX W/ RANCH TOMATOES CUCUMBERS ORANGES
				LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, November 5	Tuesday, November 6	Wednesday, November 7	Thursday, November 8	Friday, November 9	Friday, November 9
BBQ MEATBALLS W/G DINNER ROLL	SPAGHETTI W/G ROLL	FRIED CHICKEN W/G ROLL	TACO SALAD W/NACHO CHEESE W/G TORTILLA CHIPS	PIZZA	
BROWN RICE MIXED VEGETABLES BROCCOLI PINEAPPLE TIDBITS	YELLOW CORN GREEN BEANS FRESH ORANGES	MASHED POTATOES BAKED BEANS DICED PEACHES	PINTO BEANS YELLOW CORN FRESH ORANGES	ROMAINE SALD MIX W/ RANCH BABY CARROTS APPLE SAUCE	
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIIM MILK	
Monday, November 12	Tuesday, November 13	Wednesday, November 14	Thursday, November 15	Friday, November 16	Friday, November 16
NO SCHOOL	PHILLY CHEESESTEAK W/ ONIONS & GREEN PEPPERS	TACO SALAD W/NACHO CHEESE W/G TORTILLA CHIPS	TURKEY W/ GRAVY W/G ROLL	PIZZA	
VERTERANS DAY	YELLOW CORN PINEAPPLE TIDBITS	PINTO BEANS FRESH ORANGES	BROWN RICE MIXED VEGGIES SWEET POTATOES FRESH ORANGES	ROMAINE SALAD MIX W/ RANCH TOMATOES CUCUMBERS ORANGES	
	LOW FAT OR SKIM MILK.	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	
Monday, November 19	Tuesday, November 20	Wednesday, November 21	Thursday, November 22	Friday, November 23	Friday, November 23
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	
THANKSGIVING BREAK	THANKSGIVING BREAK	THANKSGIVING BREAK	THANKSGIVING BREAK	THANKSGIVING BREAK	
Monday, November 26	Tuesday, November 27	Wednesday, November 28	Thursday, November 29	Friday, November 30	Friday, November 30
MEATBALLS W/ GRAVY W/G DINNER ROLL	SLOPPY JOE W/G HAMBURGER BUN	BAKED CHICKEN W/G DINNER ROLL	SPAGHETTI W/G DINNER ROLL	PIZZA	
MASHED POTATOES GREEN PEAS DICED PEACHES	YELLOW CORN GREEN BEANS FRESH ORANGES	SWEET POTATOES PINTO BEANS PINEAPPLE TIDBITS	ROMAINE SALAD MIX W/ RANCH FRESH CUCUMBERS FRESH TOMATOES MANDARIN ORANGES	FRESH CARROTS FRESH CELERY ORANGE WEDGES	
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	

November

- Good Nutrition Month
- Thanksgiving

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



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<http://childnutrition.ncpublicschools.gov>