

Breakfast Menus for Asheville City Elementary Schools November 2018

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!



Additional Menu Items:

- 1% and fat-free milk offered daily
- Fruits or 100% fruit juice are offered daily at meals
- Students may have unlimited amounts of fruits at breakfast (excludes juice)
- Fresh Fruits will be served at least two times per week at breakfast

			Thursday, November 1	Friday, November 2
<u>Additional Menu Items:</u>			Breakfast Ham & Cheese Croissant	Breakfast Scrambled Eggs, WG Toast w/ Jam
<u>Additional Menu Items:</u>			Yogurt & WG Graham Crackers	Yogurt & WG Graham Crackers
<u>Additional Menu Items:</u>			Or Variety of WG Cereals	Or Variety of WG Cereals
Monday, November 5	Tuesday, November 6	Wednesday, November 7	Thursday, November 8	Friday, November 9
Breakfast French Toast Sticks, WG Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Chicken Biscuit Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Creamy Oatmeal w/ WG Toast Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast WG Banana Bread or Assorted Muffins Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Super Donut w/ Hard Boiled Egg Yogurt & WG Graham Crackers Or Variety of WG Cereals
Monday, November 12	Tuesday, November 13	Wednesday, November 14	Thursday, November 15	Friday, November 16
Happy Veteran's Day! No School	Breakfast Sausage Biscuit Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Yogurt & Graham Crackers Or Variety of WG Cereals	Breakfast Ham & Cheese Croissant Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Scrambled Eggs, WG Toast w/ Jam Yogurt & WG Graham Crackers Or Variety of WG Cereals
Monday, November 19	Tuesday, November 20	Wednesday, November 21	Thursday, November 22	Friday, November 23
Breakfast French Toast Sticks, WG Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Chicken Biscuit Yogurt & WG Graham Crackers Or Variety of WG Cereals	Happy Thanksgiving! No School		
Monday, November 26	Tuesday, November 27	Wednesday, November 28	Thursday, November 29	Friday, November 30
Breakfast Pancakes, WG Yogurt & WG Graham Crackers Or Variety of Cereals	Breakfast Sausage Biscuit Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Berry Parfaits Or Variety of WG Cereals	Breakfast Ham & Cheese Croissant Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Scrambled Eggs, WG Toast w/ Jam Yogurt & WG Graham Crackers Or Variety of WG Cereals

Menu is subject to change based on product availability

November

- Good Nutrition Month
- Thanksgiving

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



Developed by School Nutrition Services, N.C. Department of Public Instruction.
NCDPI and USDA are equal opportunity providers and employers. 05/18
<http://childnutrition.ncpublicschools.gov>

Breakfast Menus for Asheville City Preschools November 2018

Families Making the Connection

Take a Hike

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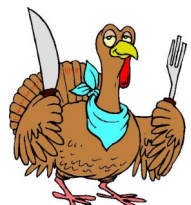
Before you go on a hike, plan to:

- 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!



Additional Menu Items:

- 1% and fat-free milk offered daily.
- Fresh or chilled fruit offered daily.

			Thursday, November 1	Friday, November 2
			Breakfast Ham & Cheese Croissant, WG Milk Fruit: _____	Breakfast WG Cereal w/ String Cheese Milk Fruit: _____
Monday, November 5	Tuesday, November 6	Wednesday, November 7	Thursday, November 8	Friday, November 9
Breakfast French Toast Sticks, WG Milk Fruit: _____	Breakfast Chicken Biscuit Milk Fruit: _____	Breakfast Creamy Oatmeal Milk Fruit: _____	Breakfast Breakfast Muffin, WG Milk Fruit: _____	Breakfast WG Cereal w/ String Cheese Milk Fruit: _____
Monday, November 12	Tuesday, November 13	Wednesday, November 14	Thursday, November 15	Friday, November 16
Happy Veteran's Day! No School	Breakfast Cheese Biscuit Milk Fruit: _____	Breakfast WG Cereal w/ String Cheese Milk Fruit: _____	Breakfast Ham & Cheese Croissant, WG Milk Fruit: _____	Breakfast WG Cereal w/ String Cheese Milk Fruit: _____
Monday, November 19	Tuesday, November 20	Wednesday, November 21	Thursday, November 22	Friday, November 23
Breakfast French Toast Sticks, WG Milk Fruit: _____	Breakfast Chicken Biscuit Milk Fruit: _____		Happy Thanksgiving! No School	
Monday, November 26	Tuesday, November 27	Wednesday, November 28	Thursday, November 29	Friday, November 30
Breakfast Pancakes, WG Milk Fruit: _____	Breakfast Cheese Biscuit Milk Fruit: _____	Breakfast Berry Parfaits Milk Fruit: _____	Breakfast Ham & Cheese Croissant, WG Milk Fruit: _____	Breakfast WG Cereal w/ String Cheese Milk Fruit: _____

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November

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- Thanksgiving

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Breakfast Menus for Breakfast in the Classroom & Primary School November 2018

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- Pack a snack and extra water.
- Let someone know where you're going.
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- 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.
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- Enjoy the beautiful landscapes!



Additional Menu Items:

- 1% and fat-free milk offered daily.
- Fresh or chilled fruit offered daily.

			Thursday, November 1	Friday, November 2	
<div style="background-color: #800000; color: white; padding: 5px; width: 100%;"> <p style="text-align: center;"><u>Additional Menu Items:</u></p> <ul style="list-style-type: none"> ▪ 1% and fat-free milk offered daily. ▪ Fresh or chilled fruit offered daily. </div>			Breakfast French Toast Sticks, WG		Breakfast WG Cereal w/ String Cheese
Monday, November 5	Tuesday, November 6	Wednesday, November 7	Thursday, November 8	Friday, November 9	
Breakfast Banana Bread, WG	Breakfast Chicken Biscuit	Breakfast Ham & Cheese Croissant, WG	Breakfast Graham Crackers, WG w/ Yogurt	Breakfast WG Cereal w/ String Cheese	
Monday, November 12	Tuesday, November 13	Wednesday, November 14	Thursday, November 15	Friday, November 16	
Happy Veteran's Day! No School		Breakfast Mini Maple Pancakes, WG	Breakfast French Toast Sticks, WG	Breakfast WG Cereal w/ String Cheese	
Monday, November 19	Tuesday, November 20	Wednesday, November 21	Thursday, November 22	Friday, November 23	
Breakfast Banana Bread, WG	Breakfast Chicken Biscuit	<div style="background-color: #800000; color: white; padding: 5px; width: 100%;"> <p style="text-align: center;">Happy Thanksgiving! No School</p> </div>		Breakfast WG Cereal w/ String Cheese	
Monday, November 26	Tuesday, November 27	Wednesday, November 28	Thursday, November 29	Friday, November 30	
Breakfast Mini Maple Waffles, WG	Breakfast Sausage Biscuit	Breakfast Ham & Cheese Croissant, WG	Breakfast French Toast Sticks, WG	Breakfast WG Cereal w/ String Cheese	

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Breakfast Menus for Asheville City Middle Schools November 2018

Food Bytes

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- 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!

Nutrilinks:

- <https://nc100miles.org>
- www.kidsinparks.org

Nutrilinks: For resources and info, visit:



Additional Menu Items:

- 1% and fat-free milk offered daily
- Fruits or 100% fruit juice are offered daily at meals
- Students may have unlimited amounts of fruits at breakfast (excludes juice)
- Fresh Fruits will be served at least two times per week at breakfast

			Thursday, November 1	Friday, November 2		
<p style="margin: 0;"><u>Additional Menu Items:</u></p> <ul style="list-style-type: none"> ▪ 1% and fat-free milk offered daily ▪ Fruits or 100% fruit juice are offered daily at meals ▪ Students may have unlimited amounts of fruits at breakfast (excludes juice) ▪ Fresh Fruits will be served at least two times per week at breakfast 			<p><u>Breakfast</u> Ham & Cheese Croissant</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p><u>Breakfast</u> Scrambled Eggs, WG Toast w/ Jam</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>		
			<p><u>Monday, November 5</u></p> <p><u>Breakfast</u> French Toast Sticks, WG Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p><u>Tuesday, November 6</u></p> <p><u>Breakfast</u> Chicken Biscuit</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p><u>Wednesday, November 7</u></p> <p><u>Breakfast</u> Creamy Oatmeal w/ WG Toast</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p><u>Thursday, November 8</u></p> <p><u>Breakfast</u> WG Banana Bread or Assorted Muffins</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>
<u>Monday, November 12</u>			<u>Tuesday, November 13</u>	<u>Wednesday, November 14</u>	<u>Thursday, November 15</u>	<u>Friday, November 16</u>
<p>Happy Veteran's Day!</p> <p>No School</p>			<p><u>Breakfast</u> Sausage Biscuit</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG</p>	<p><u>Breakfast</u> Yogurt & Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p><u>Breakfast</u> Ham & Cheese Croissant</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p><u>Breakfast</u> Scrambled Eggs, WG Toast w/ Jam</p> <p>Yogurt & WG Graham Crackers</p>
<u>Monday, November 19</u>			<u>Tuesday, November 20</u>	<u>Wednesday, November 21</u>	<u>Thursday, November 22</u>	<u>Friday, November 23</u>
<p><u>Breakfast</u> French Toast Sticks, WG Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>			<p><u>Breakfast</u> Chicken Biscuit</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p style="margin: 0;">Happy Thanksgiving!</p> <p style="margin: 0;">No School</p>		<p><u>Breakfast</u> Scrambled Eggs, WG Toast w/ Jam</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>
<u>Monday, November 26</u>			<u>Tuesday, November 27</u>	<u>Wednesday, November 28</u>	<u>Thursday, November 29</u>	<u>Friday, November 30</u>
<p><u>Breakfast</u> Pancakes, WG Yogurt & WG Graham Crackers</p> <p>Or Variety of Cereals</p>			<p><u>Breakfast</u> Sausage Biscuit</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p><u>Breakfast</u> Berry Parfaits</p> <p>Or Variety of WG Cereals</p>	<p><u>Breakfast</u> Ham & Cheese Croissant</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>	<p><u>Breakfast</u> Scrambled Eggs, WG Toast w/ Jam</p> <p>Yogurt & WG Graham Crackers</p> <p>Or Variety of WG Cereals</p>

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Breakfast Menus for Asheville City High Schools November 2018

Food Bytes

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- 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.
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Additional Menu Items:

- Yogurt, Graham Crackers and WG Cereals offered daily on main line and breakfast cart
- 1% and fat-free milk offered daily
- Fruits or 100% fruit juice are offered daily at meals
- Students may have unlimited amounts of fruits at breakfast (excludes juice)
- Fresh Fruits will be served at least two times per week at breakfast

			Thursday, November 1	Friday, November 2	
Monday, November 5 <u>Main line</u> Sausage or Chicken Biscuit <u>Breakfast Cart</u> Sausage or Chicken Biscuit			Thursday, November 1 <u>Main line</u> French Toast Sticks, WG Sausage & Egg Biscuit <u>Breakfast Cart</u> French Toast Sticks, WG, IW Sausage & Egg Biscuit		Friday, November 2 <u>Main line</u> Scrambled Eggs, Bacon, WG Toast <u>Breakfast Cart</u> Bacon, Egg & Cheese Biscuit
Monday, November 5		Tuesday, November 6	Wednesday, November 7	Thursday, November 8	Friday, November 9
Monday, November 5 <u>Main line</u> Sausage or Chicken Biscuit <u>Breakfast Cart</u> Sausage or Chicken Biscuit		Tuesday, November 6 <u>Main line</u> Super Donut w/ Hard Boiled Egg <u>Breakfast Cart</u> Jelly Biscuits	Wednesday, November 7 <u>Main line</u> Creamy Oatmeal w/ WG Toast Egg & Cheese Toast Sandwich <u>Breakfast Cart</u> Egg & Cheese Toast Sandwich	Thursday, November 8 <u>Breakfast</u> WG Main line WG Banana Bread or Assorted Muffins <u>Breakfast Cart</u> WG Banana Bread or Assorted Muffins	Friday, November 9 <u>Main line</u> Biscuits & Gravy <u>Breakfast Cart</u> Jelly Biscuits
Monday, November 12		Tuesday, November 13	Wednesday, November 14	Thursday, November 15	Friday, November 16
Monday, November 12 Happy Veteran's Day! No School		Tuesday, November 13 <u>Main line</u> Berry Parfaits <u>Breakfast Cart</u> Berry Parfaits	Wednesday, November 14 <u>Main line</u> Ham and Cheese Croissant <u>Breakfast Cart</u> Ham and Cheese Croissant	Thursday, November 15 <u>Main line</u> French Toast Sticks, WG Sausage & Egg Biscuit <u>Breakfast Cart</u> French Toast Sticks, WG, IW Sausage & Egg Biscuit	Friday, November 16 <u>Main line</u> Scrambled Eggs, Bacon, WG Toast <u>Breakfast Cart</u> Bacon, Egg & Cheese Biscuit
Monday, November 19		Tuesday, November 20	Wednesday, November 21	Thursday, November 22	Friday, November 23
Monday, November 19 <u>Main line</u> Sausage or Chicken Biscuit <u>Breakfast Cart</u> Sausage or Chicken Biscuit		Tuesday, November 20 <u>Main line</u> Super Donut w/ Hard Boiled Egg <u>Breakfast Cart</u> Jelly Biscuits	Wednesday, November 21 	Thursday, November 22 Friday, November 23 Happy Thanksgiving! No School 	
Monday, November 26		Tuesday, November 27	Wednesday, November 28	Thursday, November 29	Friday, November 30
Monday, November 26 <u>Main line</u> Pancakes, WG <u>Breakfast Cart</u> Mini Pancakes		Tuesday, November 27 <u>Main line</u> Berry Parfaits <u>Breakfast Cart</u> Berry Parfaits	Wednesday, November 28 <u>Main line</u> Ham and Cheese Croissant <u>Breakfast Cart</u> Ham and Cheese Croissant	Thursday, November 29 <u>Main line</u> French Toast Sticks, WG Sausage & Egg Biscuit <u>Breakfast Cart</u> French Toast Sticks, WG, IW Sausage & Egg Biscuit	Friday, November 30 <u>Main line</u> Scrambled Eggs, Bacon, WG Toast <u>Breakfast Cart</u> Bacon, Egg & Cheese Biscuit

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