

Lunch Menus for Asheville City Elementary & Primary 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.


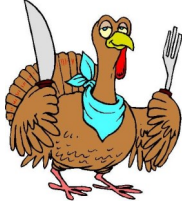
Before you go on a hike, plan to:

- 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:

- Yogurt & Cheese Sticks offered daily
- 1% and fat-free milk offered daily
- Students may have unlimited amounts of fruits and vegetables at lunch (excludes potatoes and juice)
- Local fruits and/or vegetables served weekly

			Thursday, November 1	Friday, November 2
			Chicken & Waffles Or Hot Ham & Cheese Sandwich Scalloped Potatoes Sautéed Turnip Greens Mixed Fruit Milk	Pizza Day! Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit Milk
Monday, November 5	Tuesday, November 6	Wednesday, November 7	Thursday, November 8	Friday, November 9
Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Or Hot Ham & Cheese Sandwich Veggie Beans, Waffle Fries, Fresh Fruit, Milk	Early Release Bagged Lunch	Salisbury Steak w/ Gravy Or Chef Salad WG Roll Mashed Potatoes Seasoned Green Beans Apple Bake Milk	Cheesy Potato w/ Hearty Chili Or Deli Turkey & Cheese Romaine Salad Steamed Broccoli Peaches Milk	Pizza Day! Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit Milk
Monday, November 12	Tuesday, November 13	Wednesday, November 14	Thursday, November 15	Friday, November 16
Happy Veteran's Day! No School	Mandarin Chicken w/ Asian Rice Or Crispy Chicken Tender Salad Carrot Coins Green Peas Mandarin Oranges, Milk	Thanksgiving Meal Turkey & Gravy Whole Grain Roll Mashed Potatoes Herbed Dressing Baked Sweet Potatoes Collard Greens Mandarin Oranges Seasonal Fresh Fruit, Milk	Hamburger/ Cheeseburger Lettuce, Tomato, Pickles Or Gourmet Grilled Cheese Baked Beans, Tater Tots Baked Pears, Milk	Pizza Day! Cheese Or Pepperoni Pizza Golden Corn Spinach Salad Fresh Fruit Milk
Monday, November 19	Tuesday, November 20	Wednesday, November 21	Thursday, November 22	Friday, November 23
Pizza Dippers w/ Marinara Sauce Or Chili Dog Broccoli w/ Cheese Sauce, Golden Corn Fresh Fruit Milk	Beef & Mac & Texas Toast Or Deli Turkey & Cheese Seasoned Green Beans Caesar Salad Fruit Cup Milk		Happy Thanksgiving! No School	
Monday, November 26	Tuesday, November 27	Wednesday, November 28	Thursday, November 29	Friday, November 30
Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Or Hot Ham & Cheese Sandwich Veggie Beans, Waffle Fries, Fresh Fruit, Milk	Beef & Cheese Nachos Or Bean and Cheese Burrito Lettuce & Salsa Cup Cherry Tomato & Corn Salad, Refried Beans Fruit Cup Milk	Salisbury Steak w/ Gravy Or Chef Salad WG Roll Mashed Potatoes Seasoned Green Beans Apple Bake Milk	Cheesy Potato w/ Hearty Chili Or Deli Turkey & Cheese Romaine Salad Steamed Broccoli Peaches Milk	Pizza Day! Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit Milk

Menu is subject to change based on product availability

November

- Good Nutrition Month
- Thanksgiving

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

Lunch Menus for Asheville City Preschools November 2018

Families Making the Connection

Take a Hike

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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 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 and Local fruits and vegetables offered weekly

			Thursday, November 1	Friday, November 2
Monday, November 5	Tuesday, November 6	Wednesday, November 7	Chicken & Waffles Sautéed Turnip Greens Milk Fruit: _____ Snack: Goldfish, Fresh Fruit	Pizza Day! Cheese Pizza Baby Carrots w/ dip Fresh Fruit Milk Snack: Yogurt & Graham Crackers
Monday, November 12	Tuesday, November 13	Wednesday, November 14	Thursday, November 15	Friday, November 16
Happy Veteran's Day! No School	Early Release Bagged Lunch	Thanksgiving Meal Turkey & Gravy WG Roll Mashed Potatoes Collard Greens, Milk Fruit: _____ Snack: Fresh Vegetables, Cheese Stick & Raisins	Deli Turkey & Cheese Romaine Salad Milk Snack: Tortilla Chips w/ Salsa & Cheese Stick	Pizza Day! Cheese Pizza Baby Carrots w/ dip Fresh Fruit Milk Snack: Yogurt & Graham Crackers
Monday, November 19	Tuesday, November 20	Wednesday, November 21	Thursday, November 22	Friday, November 23
Pizza Dippers w/ Marinara Sauce Broccoli w/ Cheese Sauce Fresh Fruit Milk Snack: Muffin, WG & Milk	Beef & Mac Caesar Salad Milk Fruit: _____ Snack: Popcorn & Milk		Happy Thanksgiving! No School	
Monday, November 26	Tuesday, November 27	Wednesday, November 28	Thursday, November 29	Friday, November 30
Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Waffle Fries, Milk Fruit: _____ Snack: Apple Slices, Pretzels, Milk	Bean and Cheese Burrito Cherry Tomato & Corn Salad Milk Fruit: _____ Snack: Cheez Its & Milk	Salisbury Steak w/ Gravy WG Roll Mashed Potatoes Apple Bake Milk Fruit: _____ Snack: Fresh Vegetables, Cheese Stick & Raisins	Deli Turkey & Cheese Romaine Salad Milk Snack: Goldfish, Fresh Fruit	Pizza Day! Cheese Pizza Golden Corn Fresh Fruit Milk Snack: Yogurt & Graham Crackers

Menu is subject to change based on product availability

November

- Good Nutrition Month
- Thanksgiving

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

Lunch Menus for Montford North Star Academy November 2018

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!

Nutrilinks:

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

Nutrilinks: For resources and info, visit:



Additional Menu Items:

- Yogurt & Cheese Sticks offered daily
- 1% and fat-free milk offered daily
- Students may have unlimited amounts of fruits & vegetables at lunch (excludes potatoes)
- Fresh & local fruits and vegetables will be served weekly

			Thursday, November 1	Friday, November 2
Monday, November 5	Tuesday, November 6	Wednesday, November 7	Thursday, November 8	Friday, November 9
Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Or Hot Ham & Cheese Sandwich Veggie Beans, Waffle Fries, Fresh Fruit, Milk	Spaghetti w/ Meat Sauce Texas Toast Or Hot Ham & Cheese Sandwich, Roasted Broccoli Parmesan Garden Salad, Fruit Cup Milk Early Release	Salisbury Steak Or Chef Salad Roll Mashed Potatoes Seasoned Green Beans Apple Bake Milk	Cheesy Potato w/ Hearty Chili Or Deli Turkey & Cheese Romaine Salad Steamed Broccoli Peaches Milk	Pizza Day! Chicken Buffalo Pizza Or Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit
Monday, November 12	Tuesday, November 13	Wednesday, November 14	Thursday, November 15	Friday, November 16
Happy Veteran's Day! No School	Mandarin Chicken w/ Asian Rice & Egg Roll Or Crispy Chicken Tender Salad Carrot Coins Green Peas Mandarin Oranges, Milk	Thanksgiving Meal Turkey & Gravy Whole Grain Roll Mashed Potatoes Herbed Dressing Local Sweet Potato Casserole Collard Greens Mandarin Oranges Seasonal Fresh Fruit, Milk	Hamburger/ Cheeseburger Or Gourmet Grilled Cheese Lettuce, Tomato, Pickles Baked Beans, Tater Tots Baked Pears, Milk	Pizza Day! Meatlovers' Pizza or Cheese Or Pepperoni Pizza Golden Corn Spinach Salad Fresh Fruit Milk
Monday, November 19	Tuesday, November 20	Wednesday, November 21	Thursday, November 22	Friday, November 23
Pizza Dippers w/ Marinara Sauce Or Chili Dog Broccoli w/ Cheese Sauce, Golden Corn Fresh Fruit Milk	Beef & Mac & Texas Toast Or Deli Turkey & Cheese Seasoned Green Beans Caesar Salad Fruit Cup Milk		Happy Thanksgiving! No School	
Monday, November 26	Tuesday, November 27	Wednesday, November 28	Thursday, November 29	Friday, November 30
Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Or Hot Ham & Cheese Sandwich Veggie Beans, Waffle Fries, Fresh Fruit, Milk	Beef & Cheese Nachos Or Bean and Cheese Burrito Lettuce & Salsa Cup Cherry Tomato & Corn Salad, Refried Beans Fruit Cup Milk	Salisbury Steak Or Chef Salad Roll Mashed Potatoes Seasoned Green Beans Apple Bake Milk	Cheesy Potato w/ Hearty Chili Or Deli Turkey & Cheese Romaine Salad Steamed Broccoli Peaches Milk	Pizza Day! Quesadilla Pizza Or Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit Milk

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>

Lunch Menus for Asheville Middle School November 2018

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.

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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 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:

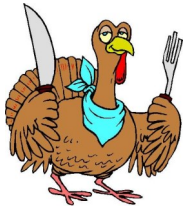
- <https://nc100miles.org>
- www.kidsinparks.org

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Additional Menu Items:

- Yogurt & Cheese Sticks offered daily
- 1% and fat-free milk offered daily
- Students may have unlimited amounts of fruits & vegetables at lunch (excludes potatoes)
- Fresh & local fruits and vegetables will be served weekly
- Cheese & Pepperoni Pizza offered daily at AMS

			Thursday, November 1	Friday, November 2
			Chicken & Waffles Or Hot Ham & Cheese Sandwich Scalloped Potatoes Sautéed Turnip Greens Mixed Fruit Milk	Pizza Day! Chicken Buffalo Pizza Or Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit Milk
Monday, November 5	Tuesday, November 6	Wednesday, November 7	Thursday, November 8	Friday, November 9
Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Or Hot Ham & Cheese Sandwich Veggie Beans, Waffle Fries, Fresh Fruit, Milk	Early Release Bagged Lunch	Salisbury Steak Or Chef Salad Roll Mashed Potatoes Seasoned Green Beans Apple Bake Milk	Cheesy Potato w/ Hearty Chili Or Deli Turkey & Cheese Romaine Salad Steamed Broccoli Peaches Milk	Pizza Day! Quesadilla Pizza Or Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit Milk
Monday, November 12	Tuesday, November 13	Wednesday, November 14	Thursday, November 15	Friday, November 16
Happy Veteran's Day! No School	Mandarin Chicken w/ Asian Rice & Egg Roll Or Crispy Chicken Tender Salad Carrot Coins Green Peas Mandarin Oranges, Milk	Thanksgiving Meal Turkey & Gravy Whole Grain Roll Mashed Potatoes Herbed Dressing Local Sweet Potato Casserole Collard Greens Mandarin Oranges Seasonal Fresh Fruit, Milk	Hamburger/ Cheeseburger Or Gourmet Grilled Cheese Lettuce, Tomato, Pickles Baked Beans, Tater Tots Baked Pears, Milk	Pizza Day! Meatlovers' Pizza or Cheese Or Pepperoni Pizza Golden Corn Spinach Salad Fresh Fruit Milk
Monday, November 19	Tuesday, November 20	Wednesday, November 21	Thursday, November 22	Friday, November 23
Pizza Dippers w/ Marinara Sauce Or Chili Dog Broccoli w/ Cheese Sauce, Golden Corn Fresh Fruit Milk	Beef & Mac & Texas Toast Or Deli Turkey & Cheese Seasoned Green Beans Caesar Salad Fruit Cup Milk		Happy Thanksgiving! No School	
Monday, November 26	Tuesday, November 27	Wednesday, November 28	Thursday, November 29	Friday, November 30
Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Or Hot Ham & Cheese Sandwich Veggie Beans, Waffle Fries, Fresh Fruit, Milk	Beef & Cheese Nachos Or Bean and Cheese Burrito Lettuce & Salsa Cup Cherry Tomato & Corn Salad, Refried Beans Fruit Cup Milk	Salisbury Steak Or Chef Salad Roll Mashed Potatoes Seasoned Green Beans Apple Bake Milk	Cheesy Potato w/ Hearty Chili Or Deli Turkey & Cheese Romaine Salad Steamed Broccoli Peaches Milk	Pizza Day! Quesadilla Pizza Or Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit Milk

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Lunch Menus for Asheville City High Schools November 2018

Food Bytes

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- Pick the right trail for your fitness level.
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Additional Menu Items:

- Cheese and Pepperoni Pizza
- Students may have unlimited amounts of fruits & vegetables at lunch (excludes potatoes)
- Fresh & local fruits and vegetables will be served weekly
- Deli Boxes offered on Tuesday's!
- Yogurt & Cheese Sticks offered daily

			Thursday, November 1	Friday, November 2
			Chicken & Waffles Or Hot Ham & Cheese Scalloped Potatoes Sautéed Turnip Greens Mixed Fruit Milk	Chicken Buffalo Pizza Or Buffalo Chicken Wings Garlic Knot Crinkle Fries Baby Carrots w/ dip Fresh Fruit Milk
Monday, November 5	Tuesday, November 6	Wednesday, November 7	Thursday, November 8	Friday, November 9
Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Or Corn Dog Veggie Beans Waffle Fries Fresh Fruit Milk	Chicken Quesadilla Pizza Or Buffalo Chicken Wings Garlic Knot Crinkle Fries Baby Carrots w/ dip Fresh Fruit Milk	Salisbury Steak Or Chicken Tenders WG Roll Mashed Potatoes Seasoned Green Beans Apple Bake Milk	Cheesy Potato w/ Hearty Chili Or Deli Turkey & Cheese Romaine Salad Steamed Broccoli Peaches Milk	Beef & Cheese Nachos Or Bean and Cheese Burrito Or Deli Boxed Sandwich Lettuce & Salsa Cup Cherry Tomato & Corn Salad Fruit Cup, Milk
Monday, November 12	Tuesday, November 13	Wednesday, November 14	Thursday, November 15	Friday, November 16
Happy Veteran's Day! No School	Mandarin Chicken w/ Asian Rice & Egg Roll Or Crispy Chicken Tender Salad Carrot Coins Green Peas Mandarin Oranges Milk	Thanksgiving Meal Turkey & Gravy Whole Grain Roll Mashed Potatoes Herbed Dressing Baked Sweet Potatoes Collard Greens Mandarin Oranges Seasonal Fresh Fruit, Milk	Double Cheeseburger Lettuce, Tomato, Pickles Or Gourmet Grilled Cheese Baked Beans, Tater Tots Baked Pears Milk	Meat Lovers Pizza Or Buffalo Chicken Wings Garlic Knot Crinkle Fries Spinach Salad Fresh Fruit Milk
Monday, November 19	Tuesday, November 20	Wednesday, November 21	Thursday, November 22	Friday, November 23
Pizza Dippers w/ Marinara Sauce Or Chili Dog Broccoli w/ Cheese Sauce, Golden Corn Fresh Fruit Milk	Beef & Mac w/ Texas Toast Or Deli Boxed Sandwich Seasoned Green Beans Caesar Salad Fruit Cup Milk		Happy Thanksgiving! No School	
Monday, November 26	Tuesday, November 27	Wednesday, November 28	Thursday, November 29	Friday, November 30
Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Or Corn Dog Veggie Beans Waffle Fries Fresh Fruit Milk	Beef & Cheese Nachos Or Bean and Cheese Burrito Or Deli Boxed Sandwich Lettuce & Salsa Cup Cherry Tomato & Corn Salad, Refried Beans Fruit Cup, Milk	Salisbury Steak Or Chicken Tenders WG Roll Mashed Potatoes Seasoned Green Beans Apple Bake Milk	Cheesy Potato w/ Hearty Chili Or Deli Turkey & Cheese Romaine Salad Steamed Broccoli Peaches Milk	Chicken Quesadilla Pizza Or Buffalo Chicken Wings Garlic Knot Crinkle Fries Baby Carrots w/ dip Fresh Fruit Milk

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November

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- Thanksgiving

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After School Snack Program November 2018

Families Making the Connection

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- Pay attention to the weather.
- Do not remove any natural objects. Do your part by carrying out your trash.
- Enjoy the beautiful landscapes!



			Thursday, November 1	Friday, November 2	
			Fresh Vegetable, Raisins, Juice, 6 oz	Cereal Milk	
			Monday, November 5	Tuesday, November 6	Wednesday, November 7
Fresh Apple Pretzels	<p style="text-align: center; font-weight: bold;">Early Release</p>		Goldfish Fresh Fruit	Cheese Stick, Juice, 6 oz	Yogurt Graham Crackers
Monday, November 12			Tuesday, November 13	Wednesday, November 14	Thursday, November 15
Happy Veteran's Day! No School	Popcorn Juice, 6 oz	Tortilla Chips w/ Salsa & Cheese Stick	Fresh Vegetable, Raisins, Juice, 6 oz	Cereal Milk	
Monday, November 19	Tuesday, November 20	Wednesday, November 21	Thursday, November 22	Friday, November 23	
Fresh Apple Pretzels	Cheez Its Milk		<p style="font-size: 2em; font-weight: bold;">Happy Thanksgiving!</p> <p style="font-size: 2em; font-weight: bold;">No School</p>		
Monday, November 26	Tuesday, November 27		Wednesday, November 28	Thursday, November 29	
Blueberry Muffin Milk	Popcorn Juice, 6 oz	Tortilla Chips w/ Salsa & Cheese Stick	Fresh Vegetable, Raisins, Juice, 6 oz	Cereal Milk	

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