

## Families Making the Connection

### Bike to School

Does your child ride his or her bike to school? May is National Bike to School Month and May 10 is the 2017 National Bike to School Day. U.S. schools and communities will celebrate by forming bicycle trains to ride in groups to and from school, building skills in bicycle clinics and having contests for the greatest participation.

#### How to Bike or Wheel to School?

- Involve students of all abilities—students who can bike or use a wheel chair.
- Survey the route to school for safety.
- Host events on the school grounds if the route to school is unsafe or inaccessible.
- Plan for safe storage of bikes with bike racks or another designated location.
- Make sure all bicyclists wear helmets.

#### Why Bike or Wheel to School?

- Fun—Biking or wheeling to school with friends can be fun!
- Healthier Habits—The trip to school is a chance for kids (and adults) to be active.
- Cleaner Environment—Replacing vehicle trips with active transportation can reduce congestion and air-polluting emissions.
- Promoting Safety—Building sidewalks, creating bike lanes or crosswalks, providing education and adding traffic calming measures improve safety.
- Community Benefits—Reducing traffic congestion and improving neighborhood connections benefit the community.

Visit [www.walkbiketoschool.org](http://www.walkbiketoschool.org) for more info.

## Menus for May 2018

	Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
	Blueberry Pop Tart Chilled Applesauce  <b>Salisbury Steak w/ Gravy                      Rice &amp; Roll                      Cheeseburger on Bun                      Honey Baked Beans                      Potato Puffs                      Glazed Carrots                      Chilled Pears</b>	Breakfast Pizza Chilled Pineapple Tidbits  <b>Baked or BBQ Chicken                      WG Roll                      Steamed Collards                      Candied Yams                      Black-eye Peas                      Chilled Applesauce                      Fresh Fruit</b>	Chicken & Pancake Sandwich Chilled Pears  <b>Chicken Nuggets w/WG Roll                      Mashed Potatoes                      Seasoned Green Peas                      Chilled Pineapple Tidbits</b>	Sausage Biscuit Chilled Mixed Fruit  <b>Cheese Pizza                      Pepperoni Pizza                      Sweet Potato Fries                      Green Beans, Chilled Peaches                      Fresh Fruit                      School Lunch Super Hero Day</b>
	Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10
Super Donut Chilled Pears  <b>Pork Barbecue w/                      Hushpuppies                      Chicken Salad Bowl                      Broccoli w/ Cheese                      Baby Carrots w/ Dip                      Cole Slaw                      Chilled Pears/Fresh Fruit</b>	Breakfast Pizza Fresh Fruit  <b>Chicken Fajita w/ WG Tortilla                      Hot Turkey &amp; Cheese on                      Ciabatta Bread                      Oven Fries, Salsa                      Pinto Beans                      Chilled Diced Peaches                      Cheeze-IT Crackers</b>	Chicken Biscuit Chilled Mixed Fruit  <b>Baked Spaghetti w/ Garlic                      Bread                      Toss Salad                      Whole Kernel Corn                      Chilled Mixed Fruit</b>	Sausage Biscuit Chilled Peaches  <b>Chicken Nuggets w/WG Roll                      Corn Dog Nuggets                      Mashed Potatoes                      Seasoned Green Peas                      Fresh Fruit                      Apple Crisp</b>	Blueberry Pop Tart Chilled Tropical Fruit  <b>Cheese Pizza                      Pepperoni Pizza                      Sweet Potato Fries                      Green Beans                      Chilled Mixed Fruit                      Fresh Fruit                      Yogurt Parfait</b>
Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
Choc Chip Mini French Toast Chilled Mandarin Oranges  <b>Turkey Tacos w/ Tortilla                      Rounds                      Hot Dog on Bun                      Honey Baked Beans                      Whole Kernel Corn                      Chilled Mandarin Oranges                      Fresh Fruit</b>	Sausage Biscuit Chilled Pears  <b>Cheesy Meatloaf on Ciabatta                      Bread                      Oven Fries                      Green Beans                      Chilled Pears                      Fresh Fruit                      Fantastix Chips</b>	Blueberry Pop Tart Chilled Peaches  <b>Baked or BBQ Chicken                      WG Roll                      Steamed Collards                      Candied Yams                      Black-eye Peas                      Chilled Applesauce                      Fresh Fruit</b>	Breakfast Pizza Fresh Fruit  <b>Chicken N Waffles                      Potato Roasters                      Seasoned Green Peas                      Chilled Applesauce                      Birthday Treat Rice Krispy Treat</b>	Pancake Sausage on Stick Chilled Applesauce  <b>Cheese Pizza                      Pepperoni Pizza                      Sweet Potato Fries                      Lima Beans                      Chilled Peaches                      Fresh Fruit</b>
Monday, May 21	Tuesday, May 22	Wednesday, May 23	Thursday, May 24	Friday, May 25
Glazed Cinnamon Bun Chilled Peaches  <b>Cherry Blossom Chicken w/                      Rice &amp; Roll                      Broccoli w/ Cheese                      Glazed Carrots                      Chilled Pears                      Fresh Fruit</b>	Blueberry Pop Tart Chilled Applesauce  <b>Hot Dog on Bun                      Cheeseburger on Bun                      Pinto Beans                      Oven Fries                      Chilled Mixed Fruit</b>	Breakfast Pizza Mandarin Oranges  <b>Baked Spaghetti w/ Garlic                      Bread                      Lima Beans                      Whole Kernel Corn                      Chilled Mixed Fruit</b>	Chicken Biscuit Chilled Pears  <b>Chicken Nuggets w/WG Roll                      Mashed Potatoes                      Seasoned Green Peas                      Chilled Diced Peaches                      Fresh Fruit                      Cheeze-IT Crackers</b>	Sausage Biscuit Chilled Mixed Fruit  <b>Cheese Pizza                      Pepperoni Pizza                      Sweet Potato Fries                      Green Beans                      Chilled Tropical Fruit                      Fresh Fruit</b>
Monday, May 28	Tuesday, May 29	Wednesday, May 30	Thursday, May 31	
<b>No School                      Memorial Day</b>				Did you know free summer meals are available to kids and teens when school is out? No ID or registration is required. For more info, go to <a href="http://www.nokidhungrync.org">www.nokidhungrync.org</a> .  

**Food Allergy Disclaimer:** Please be aware that Child Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary and we are not able to guarantee that any food item will be completely free of food allergens.



Developed by School Nutrition Services, N.C. Department of Public Instruction. USDA is an equal opportunity provider and employer. 1/11/17 <http://childnutrition.ncpublicschools.gov>

**Daily Breakfast Offerings**  
 Whole Grain Cereal & Grahams or Pop Tart  
 100% Fruit Juice  
 Unflavored & Flavored Skim Milk and  
 Unflavored 1% Milk

**Daily Lunch Offerings**  
 Chef Salads on Mondays, Tuesdays,  
 and Wednesdays  
 Unflavored & Flavored Skim Milk and  
 Unflavored 1% Milk