

## 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

## Edgecombe County Public Schools PreK Menu

	Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
	Whole Grain Cereal Chilled Applesauce  <b>Salisbury Steak w/ Gravy &amp; Roll</b> Glazed Carrots Chilled Pears	Breakfast Pizza Chilled Pineapple Tidbits  <b>Baked or BBQ Chicken WG Roll</b> Steamed Collards Chilled Applesauce	Chicken & Pancake Sandwich Chilled Pears  <b>Chicken Nuggets</b> Mashed Potatoes Chilled Pineapple Tidbits	Sausage Biscuit Chilled Mixed Fruit  <b>Pizza Slice</b> Green Beans Chilled Peaches  School Lunch Super Hero Day
	Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10
Whole Grain Cereal Chilled Pears  <b>Pork Barbecue w/ Hushpuppies</b> Broccoli w/ Cheese Fresh Fruit	Breakfast Pizza Fresh Fruit  <b>Chicken Fajita w/ WG Tortilla</b> Pinto Beans Chilled Diced Peaches	Chicken Biscuit Chilled Mixed Fruit  <b>Baked Spaghetti w/ Garlic Bread</b> Toss Salad Chilled Mixed Fruit	Sausage Biscuit Chilled Peaches  <b>Chicken Nuggets</b> Seasoned Green Peas Apple Crisp	Whole Grain Cereal Chilled Tropical Fruit  <b>Pizza Slice</b> Green Beans Fresh Fruit
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</b> Honey Baked Beans Fresh Fruit	Sausage Biscuit Chilled Pears  <b>Cheesy Meatloaf on Ciabatta Bread</b> Green Beans Chilled Pears	Whole Grain Cereal Chilled Peaches  <b>Baked or BBQ Chicken WG Roll</b> Steamed Collards Chilled Applesauce	Breakfast Pizza Fresh Fruit  <b>Chicken Tenders</b> Potato Roasters Chilled Applesauce	Pancake Sausage on Stick Chilled Applesauce  <b>Pizza Slice</b> Lima Beans Chilled Peaches
Monday, May 21	Tuesday, May 22	Wednesday, May 23	Thursday, May 24	Friday, May 25
Whole Grain Cereal Chilled Peaches  <b>Cherry Blossom Chicken w/ Rice</b> Glazed Carrots Chilled Pears	Whole Grain Cereal Chilled Applesauce  <b>Cheeseburger on Bun</b> Pinto Beans Chilled Mixed Fruit	Breakfast Pizza Mandarin Oranges  <b>Baked Spaghetti w/ Garlic Bread</b> Lima Beans Chilled Mixed Fruit	Chicken Biscuit Chilled Pears  <b>Chicken Nuggets</b> Mashed Potatoes Chilled Diced Peaches	Sausage Biscuit Chilled Mixed Fruit  <b>Pizza Slice</b> Sweet Potato Fries Chilled Tropical Fruit
Monday, May 28	Tuesday, May 29	Wednesday, May 30	Thursday, May 31	
<b>No School Memorial Day</b>		Breakfast Pizza Chilled Pineapple Tidbits  <b>Baked or BBQ Chicken WG Roll</b> Steamed Collards Chilled Applesauce	Chicken & Pancake Sandwich Chilled Pears  <b>Chicken Nuggets</b> Mashed Potatoes Chilled Pineapple Tidbits	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.  
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<http://childnutrition.ncpublicschools.gov>

Breakfast & Lunch include low-fat or fat-free milk.