

# Food Bytes

## Bike to School

Do you like to ride your bike? Do you ride your bike to school? Kids from schools and communities across the U.S. will bike or roll in a wheel chair to school on the same day. May is National Bike to School Month. Bike to School Day is May 10.

### How to Bike or Wheel to School?

- Involve students of all abilities—kids 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 bike storage with bike racks or another designated location.
- Make sure all bicyclists wear helmets.

### Why Bike or Wheel to School?

- Fun—Biking and wheeling to school with friends is 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.

**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.

# Menus for May 2018



	Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
	Cereal Bar w/Grahams Chilled Applesauce <b>Salisbury Steak w Gravy / Rice &amp; Roll</b> Honey Baked Beans Potato Puffs Baby Carrot w/Dip Chilled Peas Fresh Fruit	Cinnamon Crumb Cake Chilled Peas <b>Baked or BBQ Chicken w/ Rice &amp; WG Roll</b> Steamed Collards Candied Yams Black-eye Peas Chilled Applesauce Fresh Fruit	Banana Bread Fresh Fruit <b>Chicken Nuggets w/Roll</b> Mashed Potatoes Garden Peas Chilled Pineapple Tidbits Fresh Fruit	Cinnamon Bun Peaches <b>Nachos w/ Beef &amp; Cheese w/ Scoops</b> Broccoli w/ Cheese Pinto Beans, Chilled Peaches Fresh Fruit <b>School Lunch Super Hero Day</b>
Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10	Friday, May 11
Pop Tarts Chilled Peaches <b>Spicy Chic Fillet on Bun</b> Sweet Potato Fries Cole Slaw Applesauce Fresh Fruit	Cinnamon Bun Fresh Fruit <b>Chicken Fajita w/Tortilla Wrap</b> Salsa, French Fries Honey Baked Beans Chilled Peas Fresh Fruit	Banana Bread Chilled Peas <b>Baked Spaghetti w/Garlic Bread &amp; Crackers</b> Toss Salad Glazed Carrots Chilled Peaches Fresh Fruit	Super Donut Fresh Fruit <b>Chicken Bites w/ Roll</b> Potato Roasters Seasoned Green Peas Fresh Fruit Apple Crisp	Cinnamon Crumb Cake Chilled Mixed Fruit <b>Big Daddy's Pizza</b> Whole Kernel Corn Green Beans Chilled Mixed Fruit Fresh Fruit
Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
Crunchmania Breakfast Bites Chilled Mixed Fruit <b>Hot Dog on Bun</b> Honey Baked Beans Whole Kernel Corn Baby Carrots w/Dip Mandarin Oranges Fresh Fruit	Cereal Bar w/Grahams Chilled Applesauce <b>Cheesy Meatloaf on Ciabatta Bread</b> French Fries Pinto Beans Chilled Peas Fresh Fruit	Cinnamon Crumb Cake Chilled Peas <b>Baked or BBQ Chicken w/ Rice &amp; WG Roll</b> Steamed Collards Candied Yams Black-eye Peas Chilled Peaches Fresh Fruit	Banana Bread Fresh Fruit <b>Chicken N Waffles</b> Potato Roasters Seasoned Green Peas Chilled Applesauce Fresh Fruit	Cinnamon Bun Peaches <b>Big Daddy's Pizza</b> Sweet Potato Fries Green Beans Chilled Peaches Fresh Fruit
Monday, May 21	Tuesday, May 22	Wednesday, May 23	Thursday, May 24	Friday, May 25
Pop Tarts Chilled Peaches <b>Cherry Blossom Chicken w Rice &amp; Roll</b> Broccoli & Cheese Glazed Carrots Chilled Peas Fresh Fruit	Cinnamon Bun Fresh Fruit <b>Bacon Cheeseburger on Bun</b> Honey Baked Beans French Fries Chilled Mixed Fruit Fresh Fruit	Banana Bread Chilled Peas <b>Baked Spaghetti w/Garlic Bread &amp; Crackers</b> Broccoli w /Cheese Whole Kernel Corn Chilled Applesauce Fresh Fruit	Super Donut Fresh Fruit <b>Chicken Nuggets w/ Roll</b> Mashed Potatoes Garden Peas Baby Carrots w/Dip Fresh Fruit Mandarin Oranges	Cinnamon Crumb Cake Chilled Mixed Fruit <b>Big Daddy's Pizza</b> Sweet Potato Fries Green Beans Chilled Diced Peaches Fresh Fruit
Monday, May 28	Tuesday, May 29	Wednesday, May 30	Thursday, May 31	
<b>No School Memorial Day</b>	Cereal Bar w/Grahams Chilled Applesauce <b>Spicy Chic Fillet on Bun</b> Potato Puffs Glazed Carrots Chilled Peaches Fresh Fruit	Cinnamon Crumb Cake Chilled Peas <b>Baked or BBQ Chicken w/ Rice &amp; WG Roll</b> Steamed Collards Candied Yams Black-eye Peas Chilled Applesauce Fresh Fruit	Banana Bread Fresh Fruit <b>Chicken Nuggets w/Roll</b> Mashed Potatoes Garden Peas Chilled Pineapple Tidbits Fresh Fruit	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> .



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

<p><b>Daily Breakfast Offerings</b> 100% Fruit Juice Unflavored &amp; Flavored Skim Milk and Unflavored 1% Milk</p>	<p><b>Daily Lunch Offerings</b> Unflavored &amp; Flavored Skim Milk and Unflavored 1% Milk</p>
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