

Menus for May 2017

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 for more info.

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4	Friday, May 5
BREAKFAST Yogurt Cereal bar LUNCH Chicken nuggets Cheese quesadilla Oven rice Blackeye peas Baby carrots Raisins	BREAKFAST Strudel LUNCH Hawaiian chicken wrap Corn dog nuggets Broccoli Baked beans Pears	BREAKFAST Pop tart LUNCH Baked chicken Pork BBQ Dinner roll Baked potatoes Collards Mixed fruit gelatin	BREAKFAST Muffin LUNCH Chicken tetrazzini Oven rice Burrito Sweet potatoes Lima beans Peaches	BREAKFAST Egg and cheese biscuit LUNCH Pizza Fish sticks Tossed salad Cherry tomatoes Tater tots Apple crisp
Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
BREAKFAST Yogurt Cereal bar LUNCH Chicken tetrazzini Oven rice Cheese quesadilla Baked beans Sweet potatoes Peaches	BREAKFAST Strudel FIELD DAY!! LUNCH (K-5 Grade) Hot dog, Baby carrots, Raisins and Milk LUNCH (6-12 Grade) Chicken nuggets Sliced ham Oven rice Pinto beans Baby carrots Applesauce	BREAKFAST Pop tart LUNCH (K-5 Grade) Chicken nuggets Sliced ham Oven rice Pinto beans Baby carrots Applesauce FIELD DAY!! (6-12 Grade) Hot dog, Baby carrots, Raisins and Milk	BREAKFAST Muffin LUNCH Macaroni and cheese/ crackers Burrito Blackeye peas Corn Pears	BREAKFAST Sausage biscuit LUNCH Pizza Fish sandwich Tossed salad Cherry tomatoes French fries Apple crisp
Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
BREAKFAST Yogurt Cereal bar LUNCH Chicken nuggets Cheese quesadilla Oven rice Blackeye peas Baby carrots Raisins	BREAKFAST Strudel LUNCH Macaroni and cheese/ crackers Corn dog nuggets Broccoli Baked beans Pears	BREAKFAST Pop tart LUNCH Baked chicken Pork BBQ Dinner roll Baked potatoes Collards Peaches	BREAKFAST Muffin LUNCH Hawaiian chicken wrap Burrito Sweet potatoes Lima beans Mixed fruit	BREAKFAST Egg and cheese biscuit LUNCH Pizza Fish sticks Tossed salad Cherry tomatoes Tater tots Apple crisp
Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
BREAKFAST Yogurt Cereal bar LUNCH Chicken nuggets Chicken quesadilla Oven rice Lima beans Baby carrots Applesauce	BREAKFAST Strudel LUNCH Turkey and gravy Chicken salad Crackers Sweet potatoes Baked beans Pears	BREAKFAST Sausage biscuit LUNCH Pizza Fish sandwich Tossed salad Cherry tomatoes French fries Apple crisp	BREAKFAST Muffin LUNCH VARIETY OF MANAGER'S CHOICES!!	BREAKFAST Pop tart NO LUNCH!! HALF AND HALF 
Monday, May 29	Tuesday, May 30	Wednesday, May 31		

DAILY BREAKFAST OFFERING:

- 100% Fruit Juice
- Low fat (1%) white milk and skim chocolate milk.
- Fresh fruits

DAILY LUNCH OFFERING:

- Low fat (1%) white milk and skim chocolate milk.
- Fresh fruits
- Garden salad available Monday-Thursday.

