

# ARAPAHOE CHARTER SCHOOL K-12 MAY MENU 2019

## Families Making the Connection

### Bike to School

Does your child ride his or her bike to school? May is Bike to School Month and May 8 is the 2019 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.

**DAILY BREAKFAST OFFERING:**  
 Variety of Cereals  
 Fresh Fruit/Fruit Juice  
 Choice of strawberry/white/chocolate milk

**DAILY LUNCH OFFERING:**  
 Fresh Fruit  
 Tossed salad (Mon, wed and fri)  
 Choice of strawberry/white/chocolate milk



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 [www.nokidhungrync.org](http://www.nokidhungrync.org).



	Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
<b>BREAKFAST</b> Breakfast pizza	<b>BREAKFAST</b> French toast sticks/syrup	<b>BREAKFAST</b> Muffin	<b>BREAKFAST</b> Grits/butter	<b>BREAKFAST</b> Grits/butter	<b>BREAKFAST</b> Sausage/biscuit
<b>LUNCH</b> Macaroni and cheese Hamburger patty w/ gravy Dinner roll Sweet potatoes Green beans Peaches	<b>LUNCH</b> <b>K-4 Fun day!!</b> Cheeseburger Baby carrots Strawberry cup Milk/ chips	<b>LUNCH</b> <b>GRADES K-4 AND High school!</b> Chicken nuggets/rice Corn dog nuggets Pinto beans Mixed vegetables Peach cup <b>5-8 Fun day!!!</b> Cheeseburger Baby carrots Strawberry cup Milk/chips	<b>LUNCH</b> Oven roasted chicken Meat loaf/crackers Collards Mashed potatoes Strawberry cup	<b>LUNCH</b> Cheeseburger Corn dog nuggets Broccoli Baked beans Mixed fruit	<b>LUNCH</b> Pizza Fish nuggets Tossed salad Cherry tomatoes Tater tots Apple crisp
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17	
<b>BREAKFAST</b> Breakfast pizza	<b>BREAKFAST</b> French toast sticks/ syrup	<b>BREAKFAST</b> Muffin	<b>BREAKFAST</b> Grits /butter	<b>BREAKFAST</b> Chicken patty Biscuit	
<b>LUNCH</b> Chicken nuggets Hamburger patty w/ gravy Oven rice Pinto beans Glazed baby carrots Strawberry cup	<b>LUNCH</b> Cheeseburger Corn dog nuggets Sweet potatoes Green beans Applesauce	<b>LUNCH</b> Oven roasted chicken Pork BBQ Dinner roll Collards Mashed potatoes Peaches	<b>LUNCH</b> Meatloaf/roll Burrito Broccoli Mixed vegetables Fruit cocktail	<b>LUNCH</b> Pizza BBQ Chicken /roll Tossed salad Cherry tomatoes Tater tots Apple crisp	
Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24	
<b>BREAKFAST</b> Breakfast pizza	<b>BREAKFAST</b> French toast sticks/ syrup	<b>BREAKFAST</b> Muffin	<b>BREAKFAST</b> Grits/ butter	<b>BREAKFAST</b> Variety!!	
<b>LUNCH</b> Chicken nuggets Hamburger patty w/ gravy Oven rice Pinto beans Corn Strawberry cup	<b>LUNCH</b> Spaghetti/crackers Burrito Broccoli Mixed vegetables Mixed fruit	<b>LUNCH</b> Oven roasted chicken Meatloaf Dinner roll Baked beans Collards Peaches	<b>LUNCH</b> Cheeseburger BBQ Chicken/roll Tossed salad Cherry tomatoes Tater tots Apple crisp	<b>LUNCH</b> PB&J Sandwich Baby carrots Raisins Milk/chips	



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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<http://childnutrition.ncpublicschools.gov>

