

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.

Breakfast Menu for May 2017

New Hanover County Elementary & CRA

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4	Friday, May 5
<u>Mini Pancake Wraps</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Diced Peaches</u> Juice <u>Milk</u>	<u>Chicken Biscuit</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Fresh Fruit</u> Juice	<u>Mini Waffles</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Diced Pears</u> Juice <u>Milk</u>	<u>Sausage & Gravy</u> <u>Breakfast Pizza</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	Cheese Grits w/ Bacon Or <u>Variety of Cereal</u> , Cereal Bars & Muffins <u>Applesauce</u> Juice <u>Milk</u>
Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
<u>Mini Pancakes</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Diced Peaches</u> Juice <u>Milk</u>	<u>Pancake Sausage Stick</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	<u>Smoothie w/ Choice of</u> <u>Cereal, Cereal Bar or Muffin</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Mixed Fruit</u> Juice <u>Milk</u>	<u>Sausage & Gravy</u> <u>Breakfast Pizza</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	Sausage Biscuit Or <u>Variety of Cereal</u> , Cereal Bars & Muffins <u>Diced Pears</u> Juice <u>Milk</u>
Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
<u>Chicken & Waffle</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Diced Pears</u> Juice <u>Milk</u>	<u>Chicken Biscuit</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	<u>Mini Pancake Wraps</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Diced Peaches</u> Juice <u>Milk</u>	<u>Sausage & Gravy</u> <u>Breakfast Pizza</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	Grits w/ Scrambled Eggs & Bacon Or <u>Variety of Cereal</u> , Cereal Bars & Muffins <u>Applesauce</u> Juice <u>Milk</u>
Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
<u>Mini Pancakes</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Applesauce</u> Juice <u>Milk</u>	<u>Pancake Sausage Stick</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	<u>Peach Yogurt Parfait</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Mixed Fruit</u> Juice <u>Milk</u>	<u>Sausage & Gravy</u> <u>Breakfast Pizza</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	Bacon & Egg Biscuit Or <u>Variety of Cereal</u> , Cereal Bars & Muffins <u>Diced Pears</u> Juice <u>Milk</u>
Monday, May 29	Tuesday, May 30	Wednesday, May 31		<u>Pre-K Entree</u> *All other schools get both choices. Fresh & Canned Fruit and a variety of Milk are served daily Breakfast: \$1.35
	<u>Chicken Biscuit</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Fresh Fruit</u> Juice <u>Milk</u>	<u>Mini Waffles</u> Or Variety of Cereal, Cereal Bars & Muffins <u>Diced Pears</u> Juice <u>Milk</u>		

May

- Global Youth Traffic Safety Month
- National Bike to School Day (May 10)
- School Nutrition Employee Week (May 1-5)



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

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Menu subject to change depending upon availability

A variety of unflavored
and flavored skim and
1% unflavored milks
are served daily.