

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.

Lunch Menu for May 2017

New Hanover County CRECC & Douglass Academy

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4	Friday, May 5
French Bread Pizza Corn (1/2 C) Garden Salad (1/2 C) Mixed Fruit (1/2 C) Milk	Spaghetti & Meatballs w/ Breadstick Lima Beans (1/2 C) Garden Salad (1/2 C) Fresh Fruit (1 ea) Milk	Teriyaki Chicken & Rice Tomato & Cucumber Salad (1/2 C) Garden Salad (1/2 C) Frozen Fruit Cup (1 ea) Milk	Macaroni & Cheese Carrot Sticks (1/2 C) Garden Salad (1/2 C) Fresh Fruit (1 ea) Milk	Egg Rolls Oriental Vegetables (1/2 C) Garden Salad (1/2 C) Diced Peaches (1/2 C) Milk
Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
Chicken Nuggets w/ Rice & Gravy NC Sweet Potato (1 ea) Garden Salad (1/2 C) Diced Pears (1/2 C) Milk	Chicken N' Waffle Mashed Potatoes (1/2C) Garden Salad (1/2 C) Fresh Fruit (1 ea) Milk	Corn Dog Nuggets Glazed Carrots (1/2 C) Garden Salad (1/2 C) Applesauce (1/2 C) Milk	Beef-a-Roni Great Northern Beans (1/2 C) Garden Salad (1/2 C) Fresh Fruit (1 ea) Milk	Popcorn Chicken Broccoli w/ Cheese (1/2 C) Garden Salad (1/2 C) Mixed Fruit(1/2 C) Milk
Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
Beef Taco w/ Spanish Rice Pinto Beans (1/2 C) Garden Salad (1/2 C) Frozen Fruit Cup (1 ea) Milk	Roast Chicken w/ Rice & Gravy Baked Potato (1/2 C) Garden Salad (1/2 C) Mixed Fruit (1/2 C) Milk	Cheesy Breadsticks Glazed Carrots (1/2 C) Garden Salad (1/2 C) Mandarin Oranges (1/2 C) Milk	Nachos Grande Green Beans (1/2 C) Garden Salad (1/2 C) Fresh Fruit (1 ea) Milk	Grilled Cheese Veggie Sticks (1/2 C) Garden Salad (1/2 C) Fresh Fruit (1 ea) Milk
Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
Chicken Filet Sandwich Black-eyed peas (1/2 C) Garden Salad (1/2 C) Peaches (1/2 C) Milk	Tangerine Chicken w/ Rice Sweet Potato Waffle Fries 1/2 C) Garden Salad (1/2 C) Fresh Fruit (1 ea) Milk	Corn Dog Nuggets French Fries (1/2 C) Garden Salad (1/2 C) Diced Pears (1/2 C) Milk	Stuffed Crust Pizza Veggie Sticks (1/2 C) Garden Salad (1/2 C) Fresh Fruit (1 ea) Milk	Hot Dog w/ Chili Baked Beans (1/2 C) Garden Salad (1/2 C) Spiced Apples (1/2 C) Milk
Monday, May 29	Tuesday, May 30	Wednesday, May 31	 <p>Featuring: Strawberries (Week of May 8)</p>	
	Spaghetti & Meatballs w/ Breadstick Lima Beans (1/2 C) Garden Salad (1/2 C) Fresh Fruit (1 ea) Milk	Teriyaki Chicken & Rice Tomato & Cucumber Salad (1/2 C) Garden Salad (1/2 C) Frozen Fruit Cup (1 ea) Milk		

May

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

Menu subject to change depending upon availability