

# Breakfast Menu for May 2018

## 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](http://www.walkbiketoschool.org) for more info.

	Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
A variety of unflavored and flavored skim and 1% unflavored milks are served daily.	Breakfast Pizza Fresh Fruit Juice Milk	Mini French Toast Diced Peaches Juice Milk	Pancake Sausage Stick Fresh Fruit Juice Milk	Cereal Applesauce Juice Milk
Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10	Friday, May 11
Mini Pancakes Diced Peaches Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk	Yogurt & Muffin Mixed Fruit Juice Milk	Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Peaches Juice Milk
Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
Mini Pancakes Diced Peaches Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk	Mini Waffles Diced Peaches Juice Milk	Pancake Sausage Stick Fresh Fruit Juice Milk	Cereal Applesauce Juice Milk
Monday, May 21	Tuesday, May 22	Wednesday, May 23	Thursday, May 24	Friday, May 25
Mini Pancakes Applesauce Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk	Peach Yogurt Parfait Mixed Fruit Juice Milk	Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Peaches Juice Milk
Monday, May 28	Tuesday, May 29	Wednesday, May 30	Thursday, May 31	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> . 
	Breakfast Pizza Fresh Fruit Juice Milk	Mini French Toast Diced Peaches Juice Milk	Pancake Sausage Stick Fresh Fruit Juice Milk	

## May

- Global Youth Traffic Safety Month
- National Bike to School Day (May 9)
- School Nutrition Employee Week (May 7-11)

Menu subject to change depending upon availability