

Lunch 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 for more info.

	Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
<i>A variety of unflavored and flavored skim and 1% unflavored milks are served daily.</i>	Chicken Filet Sandwich Lima Beans Roasted Potatoes Fresh Fruit Milk	French Bread Pizza Sweet Potato Waffle Fries Garden Salad Diced Pears Milk	Nachos Grande Black Beans Veggie Cup Fresh Fruit Milk	Cheesy Breadsticks Corn Garden Salad Mixed Fruit Milk
Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10	Friday, May 11
Lasagna Broccoli w/ Cheese Garden Salad Diced Peaches Milk	Chicken Tenders Red Skinned Mashed Potatoes California Vegetables Fresh Fruit Milk	Fish Sticks w/ Hushpuppies Glazed Carrots Garden Salad Frozen Fruit Cup Milk	Cheeseburger Great Northern Beans Tater tots Fresh Fruit Milk	Corn Dog Nuggets NC Sweet Potato Garden Salad Mixed Fruit Milk
Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
Popcorn Chicken Sweet Potato Waffle Fries Garden Salad Diced Peaches Milk	Beef Taco w/ Spanish Rice Pinto Beans Veggie Cup Fresh Fruit Milk	French Bread Pizza Sweet Peas Garden Salad Mandarin Oranges Milk	Nachos Grande Carrot Sticks Green Beans Fresh Fruit Milk	Hot Dog w/ Chili Baked Beans Garden Salad Mixed Fruit Milk
Monday, May 21	Tuesday, May 22	Wednesday, May 23	Thursday, May 24	Friday, May 25
Chicken Chunks Baked Potato Garden Salad Diced Peaches Milk	Chicken Tenders Veggie Sticks Garden Salad Fresh Fruit Milk	Egg Rolls Broccoli Garden Salad Frozen Fruit Cup Milk	Cheeseburger French Fries Glazed Carrots Fresh Fruit Milk	Beef-a-roni w/ Breadstick Black Eyed Peas Garden Salad Mixed Fruit 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 www.nokidhungrync.org . 
	Chicken Filet Sandwich Lima Beans Roasted Potatoes Fresh Fruit Milk	French Bread Pizza Sweet Potato Waffle Fries Garden Salad Diced Pears Milk	Nachos Grande Black Beans Veggie Cup Fresh Fruit Milk	

Menu subject to change depending upon availability

May

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