

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.

Visit www.walkbiketoschool.org for more info.

Breakfast Menu for May 2019

Middle & High

		Wednesday, May 1	Thursday, May 2	Friday, May 3
		Mini French Toast or Chicken Biscuit Diced Peaches Juice Milk	Pancake Sausage Stick or Breakfast Pizza Fresh Fruit Juice Milk	Cheese Grits w/ Bacon or Egg & Cheese Biscuit Applesauce Juice Milk
Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
Breakfast Pizza or Mini Waffles Diced Peaches Juice Milk	Mini Pancakes or Breakfast Burrito Potato Rounds Fresh Fruit Juice Milk	Turkey Ham & Cheese Slider or Pancake Sausage Stick Mixed Fruit Juice Milk	Chicken Biscuit or Breakfast Pizza Fresh Fruit Juice Milk	Sausage & Cheese Biscuit Or Grits w/ Scrambled Eggs & Bacon Diced Peaches Juice Milk
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
Breakfast Pizza or Mini Pancakes Diced Peaches Juice Milk	Chicken & Waffle or Smoothie Fresh Fruit Juice Milk	Mini Waffles or Chicken Biscuit Diced Peaches Juice Milk	Pancake Sausage Stick or Breakfast Pizza Fresh Fruit Juice, Milk Milk	Cheese Grits with Sausage or Bacon, Egg & Cheese Biscuit Applesauce Juice, Milk
Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24
Breakfast Pizza or Mini French Toast Applesauce Juice Milk	Mini Pancakes or Breakfast Burrito Potato Rounds Fresh Fruit Juice Milk	Peach Yogurt Parfait or Pancake Sausage Stick Mixed Fruit Juice Milk	Chicken Biscuit or Breakfast Pizza Fresh Fruit Juice Milk	Bacon & Cheese Biscuit or Grits w/ Scrambled Eggs & Sausage Diced Peaches Juice Milk
Monday, May 27	Tuesday, May 28	Wednesday, May 29	Thursday, May 30	Friday, May 31
	Chicken & Waffle or Smoothie Fresh Fruit Juice Milk	Mini French Toast or Chicken Biscuit Diced Peaches Juice Milk	Pancake Sausage Stick or Breakfast Pizza Fresh Fruit Juice Milk	Cheese Grits w/ Bacon or Egg & Cheese Biscuit Applesauce Juice Milk

May

- Global Youth Traffic Safety Month
- National Bike to School Day (May 8)
- School Nutrition Employee Week (May 6-10)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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