

Menus for May 2022

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.

Monday, May 2	Tuesday, May 3	Wednesday, May 4	Thursday, May 5	Friday, May 6
BREAKFAST Cereal Bar and String Cheese	BREAKFAST Cinnamon Glazed Bun	BREAKFAST Mini Waffles	BREAKFAST Apple Cinnamon Cereal Bar	BREAKFAST Cereal Bowl and String Cheese
LUNCH Ham and Cheese Melt	LUNCH BBQ Beef Sandwich	LUNCH Chicken Patty Sandwich	LUNCH Yogurt Parfait	LUNCH Turkey Sandwich
Monday, May 9	Tuesday, May 10	Wednesday, May 11	Thursday, May 12	Friday, May 13
BREAKFAST Strawberry Pop-Tart and Teddy Grahams	BREAKFAST Ultimate Breakfast Round	BREAKFAST Blueberry Muffin	BREAKFAST Yogurt Cup and Graham Crackers	BREAKFAST Cereal Bar and Goldfish Crackers
BRUNCH Dutch Waffle and Sausage	LUNCH Crispy Chicken Tenders	LUNCH Turkey Wrap	LUNCH Cheese Pizza	LUNCH Manager's Choice
Monday, May 16	Tuesday, May 17	Wednesday, May 18	Thursday, May 19	Friday, May 20
BREAKFAST Breakfast Donut Bites	BREAKFAST Chocolate Breakfast Muffin	BREAKFAST Cherry Frudel	BREAKFAST Honey Breakfast Bar	BREAKFAST Oatmeal Raisin Breakfast Bar
LUNCH Breaded Chicken Nuggets and Breadstick	LUNCH Cheeseburger	LUNCH Turkey Sandwich	LUNCH Manager's Choice	LUNCH Manager's Choice



Breakfast provides the body and brain with fuel after an overnight fast--that's where its name originates, breaking the fast! Without breakfast you are effectively running on empty, like trying to start the car with no petrol!



End of the Year Fun!

Breakfast includes:
entrée, fruit, milk

Lunch meal includes:
entrée, vegetables, fruit, and milk.

“This institution is equal opportunity provider.”