

Food Bytes

Bike to School

What is Bike to School Day? Kids from communities across the U.S. will bike or roll in a wheel chair to school on the same day. Walk to School Day 2016 is May 4. It's the 5th anniversary of the event. It's also part of National Bike Month which is May.

How to Bike or Wheel to School?

- Involve students of all abilities—kids 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 bike storage with bike racks or another designated location.
- Make sure all bicyclists wear helmets.

Why Bike or Wheel to School?

- Fun—Biking and wheeling to school with friends is 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.

Menu for May 2016

[Insert name of Local Education Agency] Schools

Monday, May 2	Tuesday, May 3	Wednesday, May 4	Thursday, May 5	Friday, May 6
Chicken, Spinach Alfredo Casserole with Breadsticks OR Parfait Parmesan Broccoli Cucumber Tomato Salad Fresh Golden Apple Wedges Mandarin Oranges	Burrito OR Ranch Salad Pinto or Black Beans Salsa Corn Cantaloupe with Grape Frozen Fruit Cup Sour Cream, Ranch Dressing	Parmesan Chicken w/ Garlic Toast OR Meatball Sub Baby Carrots Salad Bananas Fruit Cocktail Choice of Salad Dressing	Chicken w/Fried Rice OR Pizza Green Beans Peppers & Carrots Grapes Sliced Peaches	Meatloaf OR PB&J Macaroni & Cheese Broccoli Orange Wedges Apples Gravy or Marinara Sauce
Monday, May 9	Tuesday, May 10	Wednesday, May 11	Thursday, May 12	Friday, May 13
Quesadillas OR Chicken & Waffles Potatoes Greens Apple Wedges Sliced Peaches Texas Pete Hot Sauce, Syrup	Meatballs w/ Breadstick OR Cheese & Fruit Box Spinach Carrots Fruit Cocktail Marinara Sauce	Chicken & Pastry OR Salad Trio Cucumber Tomato Salad Green Beans Blueberry Crisp Pineapple Tidbits	Tacos with Tortilla Chips OR Veggie Noodles Veggie Cup Salad Grapes Frozen Fruit Cup Choice of Dressing	Beef and Cheese Nachos OR Salad Shaker Corn Black Beans Orange Wedges Applesauce Sour Cream
Monday, May 16	Tuesday, May 17	Wednesday, May 18	Thursday, May 19	Friday, May 20
Baked Penne w/ Garlic Breadstick OR Parfait Cauliflower Spinach Salad Granny Smith Apple Wedges Orange Wedges Choice of Salad Dressing	Beef & Vegetable Soup with Roll OR Taco with Tortilla Chips Cucumber and Cauliflower Sweet Potato Pear Wedges Pineapple Tidbits	Chicken Parmesan OR Pasta and Meatsauce with Breadstick Tomato & Corn Salad Spinach Orange Wedges Apple Pie	Baked Chicken & Biscuit OR Hummus Wrap Broccoli Hoppin' John Watermelon Fruit Cocktail	Taco OR Chef Salad Salsa Sweet Potato casserole Corn Bananas Frozen Fruit Cup Sour Cream
Monday, May 23	Tuesday, May 24	Wednesday, May 25	Thursday, May 26	Friday, May 27
Sloppy Joes OR Salad Potato Salad Carrots & Tomatoes Apple Wedges with Grapes Pineapple Tidbits	BBQ Chicken with Roll OR Flatbread Beans Green Beans Fruit Cocktail Pears	Enchilada OR Chili Stuffed Potato with Roll Salad Veggie Cups with Dip Bananas Orange Wedges	Chicken Pot Pie OR Cheese & Fruit Bistro Box Roasted Root Vegetables Broccoli Salad Grapes Peach Slices	Fish Tacos OR Grilled Cheese Sandwich Salad Sweet Potato casserole Pears Orange Wedges
Monday, May 30	Tuesday, May 31			
				

May

- National Bike to School Day (May 4)
- School Nutrition Employee Week (May 2-6)



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<http://childnutrition.ncpublicschools.gov>

Source: www.walkbiketoschool.org

