

Breakfast Menus for May 2018
Food Bytes
Bike to School

Do you like to ride your bike? Do you ride your bike to school? Kids from schools and communities across the U.S. will bike or roll in a wheel chair to school on the same day. May is National Bike to School Month. Bike to School Day is May 10.

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.

Nutrilink: www.walkbiketoschool.org

	Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
	Pop Tart (2) Juice Variety Fresh Orange Slices	Cereal Kits	Sausage Pancake, IW Juice Variety Assorted Fresh Fruit	Trix Cereal bar Graham Crackers Juice Variety Assorted Fresh Fruit
Monday, May 7	Wednesday, May 9	Thursday, May 10	Friday, May 11	
Blueberry Muffins (2oz.) Juice Variety Fresh Apple Slices	Cinnamon Toast Crunch Cereal Bar Graham Crackers Juice Variety Fresh Orange Slices	Sausage Biscuit Juice Variety Assorted Fresh Fruit	WG Pancakes, IW Juice Variety Assorted Fresh Fruit 	Manager's Choice Day Juice Variety Assorted Fresh Fruit
Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
Banana Muffin (2oz.) Juice Variety Fresh Apple Slices	Mini Maple Waffle Juice Variety Fresh Sliced Orange 	Manager's Choice Day! Juice Variety Assorted Fresh Fruit	Cereal Kit	Pizza Bagel, IW Juice Variety Assorted Fresh Fruit
Monday, May 21	Tuesday, May 22	Wednesday, May 23	Thursday, May 24	Friday, May 25
Pop Tart (2) Juice Variety Fresh Orange Slices	Cereal Kits	Sausage Pancake, IW Juice Variety Assorted Fresh Fruit	Trix Cereal bar Graham Crackers Juice Variety Assorted Fresh Fruit	Blueberry Muffins (2oz.) Juice Variety Fresh Apple Slices
Monday, May 28	Tuesday, May 29	Wednesday, May 30	Thursday, May 31	
Manager's Choice Day! Juice Variety Assorted Fresh Fruit	Manager's Choice Day! Juice Variety Assorted Fresh Fruit	Manager's Choice Day! Juice Variety Assorted Fresh Fruit	Manager's Choice Day! Juice Variety Assorted Fresh Fruit 	

ASSORTED 100% JUICE AND MILK WILL BE SERVED DAILY FOR BREAKFAST AND LUNCH.

May

- National Bike to School Day (May 9)
- School Nutrition Employee Week (May 7-11)

“Florence County School District Four is an equal opportunity provider.”

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