

Lunch 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
	Pepperoni Pizza Cheese Pizza Corn Garden Salad Fresh Orange Slices Chef Salad w/ Crackers (4)	Nachos w/ Chili & Cheese Lettuce, Tomato & Salsa Pinto Beans Assorted Fresh Fruit Chef Salad w/ Crackers (4)	Manager's Choice Day Steamed Broccoli Breadstick Fresh Orange Slices Chef Salad w/ Crackers (4)	Manager's Choice Day! Assorted Fresh Fruit Chef Salad w/ Crackers (4)
Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10	Friday, May 11
Chicken Nuggets Fries Seasoned Corn Breadsticks 100% Assorted Juice Fresh Apple Slices Chef Salad w/ Crackers (4)	Bag Lunches SC Ready Testing	Spaghetti w/ Meat Sauce Garden Salad Glazed Carrots WG Rolls Assorted Fresh Fruit 100% Assorted Juice Chef Salad w/ Crackers (4)	Bag Lunches 	General T'so Chicken Pinto Beans Stir Fry WG Breadstick Assorted Fresh Fruit Chef Salad w/ Crackers (2)
Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
Manager's Choice Day! Lima Beans Fresh Sliced Apples 100% Assorted Juice Fruit Salad w/ Graham Crackers	Bag Lunches 	Cheeseburger Fries Corn Cob Assorted Fresh Fruit 100% Assorted Juice Fruit Salad w/ Graham Crackers	Bag Lunches SC Ready Testing	Pepperoni Pizza Buffalo Chicken Pizza California Blend Carrot Sticks w/ Dip Fresh Assorted Fruits Chef Salad w/ Crackers (4)
Monday, May 21	Tuesday, May 22	Wednesday, May 23	Thursday, May 24	Friday, May 25
Hot Dog w/ Chili Baked Fries Baked Beans Fresh Apple Slices 100% Assorted Juice Chef Salad w/ Crackers (4)	Turkey & Cheese Sandwich Sun Chips Carrots w/ Ranch Dip Fresh Orange Slices Chef Salad w/ Crackers (4)	MANAGER'S CHOICE DAY! Sweet Potatoes Pinto Beans Assorted Fresh Fruit 100% Assorted Juice Chef Salad w/ Crackers (4)	Chicken T'so w/ Brown Rice Green Beans 100% Assorted Juice Assorted Fresh Fruit Chef Salad w/ Crackers (4)	Steak Sub w/ Mozz. Cheese Potato Rounds Lettuce & Tomato Fresh Assorted Fruits Chef Salad w/ Crackers (4)
Monday, May 28	Tuesday, May 29	Wednesday, May 30	Thursday, May 31	Menus are subject to change due to availability!
Manager's Choice Day! 100% Assorted Juice Chef Salad w/ Crackers (4)	Manager's Choice Day! 100% Assorted Juice Chef Salad w/ Crackers (4)	Manager's Choice Day! 100% Assorted Juice Chef Salad w/ Crackers (4)	Manager's Choice Day! 100% Assorted Juice Chef Salad w/ Crackers (4)	

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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