

# 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 5<sup>th</sup> 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 Breakstick 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)



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
USDA is an equal opportunity provider and employer. 12/15  
<http://childnutrition.ncpublicschools.gov>



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### Why Bike or Wheel to School?

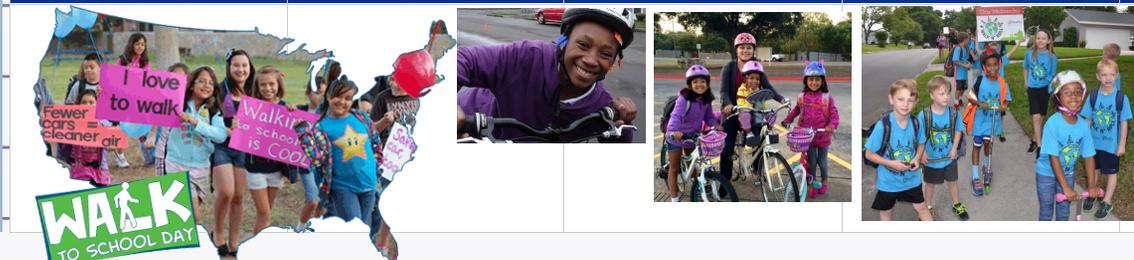
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**NutriLink:** [www.walkbiketoschool.org](http://www.walkbiketoschool.org)

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Monday, May 2	Tuesday, May 3	Wednesday, May 4	Thursday, May 5	Friday, May 6
Chef Tony's Creamy Spinach Alfredo Bake w/Fresh Baked Breadstick OR Breakfast for Lunch: Red, White and Blue Parfait Roasted Parmesan Broccoli Cool Summer Cucumber Tomato Salad Fresh Golden Apple Wedges Mandarin Oranges Pizza Pasta Seasoning Blend	Tex-Mex Burrito Bowl OR The Best Bacon Ranch Salad Cowboy Beans Ranchero Beans Pico de Gallo Chili Lime Corn Salad Fresh Dragon Melon Fruit Chillers or Frozen Fruit Slushy Southwest Seasoning Blend Tangy Sour Cream, Buttermilk Ranch Dressing	Maria's Chicken Parmesan w/Warm Garlic Toast OR The Mighty Meatball Sub Lemon Roasted Baby Carrots Super Greens Salad Go Bananas! Fruit Salad Italian Seasoning Blend Choice of Salad Dressing	Sweet Thai Chicken w/Fried Rice OR Brickoven Flatbread Pizza Sweet and Tangy Green Beans Red Rocket Veggie Veggies w/ Hummus Dip Ruby Reds or Great Green Grapes! Sweet Peaches Pizza Pasta Seasoning Blend	Nona's Italian Meatloaf OR Classic PB&J Box Homestyle Mac n' Cheese Crunchy Broccoli Slaw Seasoned Green Beans Fresh Orange Slices Island Time Apples Italian Seasoning Blend Savory Gravy OR Hearty Marinara Sauce
Monday, May 9	Tuesday, May 10	Wednesday, May 11	Thursday, May 12	Friday, May 13
Mexican Breakfast: Chilaquiles OR Aunt Sally's Chicken & Waffles Roasted Herb Potatoes NC Green - Just like Mom's! Crisp and Crunchy Apple Wedges Sweet Peaches Texas Pete Hot Sauce, Sweet n' Sticky Syrup	Mouthwatering Meatballs w/ Fresh Baked Breadstick OR Cheese & Fruit Bento Box Cheesy Italian Spinach Bake Lemon (or Honey) Roasted Carrots Captain America Fruit Cups Fruit Salad Hearty Marinara Sauce, Italian Seasoning Blend	Carolina Chicken & Pasta OR Fresh Salad Sampler Cool Summer Cucumber Tomato Salad Seasoned Green Beans Warm Blueberry Crisp Perfect Pears	Galactic Sweet Tater Taco w/ Crunchy Corn Chips OR Wok-fried Garden Vegetable Lo Mein Summer Veggie Cup w/ Tangy Lime Yogurt Dip Fresh Romaine Salad Ruby Red or Great Green Grapes Fruit Chillers or Frozen Fruit Slushy Choice of dressing, Southwest Seasoning Blend	SUPER Nacho Day OR Build Your Own: Salad Shaker Baja Corn Salad Southwest Chili Lime Black Beans Fresh Orange Slices Smooth Applesauce Mexican Seasoning Blend, Tangy Sour Cream
Monday, May 16	Tuesday, May 17	Wednesday, May 18	Thursday, May 19	Friday, May 20
Chef Ann's Cheesy Penne w/ Warm Garlic Breadstick OR PB&J Parfait Roasted Lemon Cauliflower Strawberry Spinach Salad Granny Smith Apple Wedges Sweet Mandarin Oranges Italian Seasoning Blend, Pizza Pasta Seasoning Blend Choice of salad dressing	Hearty Winter Beef Stew w/ Fresh Baked Roll OR Santa Fe Taco Cup w/ Corn Tortilla Chips Farm Fresh Cucumber & Cauliflower w/ Greek Yogurt Dip Crunchy Sweet Potato Bake Perfect Pear Juicy Pineapple Southwest Seasoning Blend	Savory Chicken Parm Flatbread OR Beefy Rotini Marinara w/ Warm Garlic Breadstick Farm Fresh Tomato and Corn Salad Cajun Super Strength Spinach Fresh Orange Slices Warm Apple Crumble Italian Seasoning Blend	Oven Fried Chicken n' Biscuit OR Spring Veggie Hummus Wrap Steamed Crispy Broccoli Mamma's Hoppin' John Summer Bites - Watermelon Cubes Fruit Salad Creole Seasoning Blend	Hot and Spicy Taco Pocket OR Southwest Shaker Salad Pico de Gallo or Fresh Salsa Cups Cinnamon Sweet Potato Soufflé Chili Lime Corn Salad Go Bananas! Fruit Chiller or Frozen Fruit Slushy Southwest Seasoning Blend, Tangy Sour Cream
Monday, May 23	Tuesday, May 24	Wednesday, May 25	Thursday, May 26	Friday, May 27
World's Best Sloppy Joes OR [School Initials] Bistro Spinach Salad Creamy Ranch Potato Salad Red Rocket Veggies w/Hummus Dip Island Time Apples Juicy Pineapple	Smokey BBQ Chicken w/ Fresh Baked Roll OR Brickoven Cheesy Flatbread Cajun Spice Beans Seasoned Green Beans Fruit Explosion Fresh Diced Pears Creole Seasoning Blend	Goopy Enchilada Bake OR Cheesy Chili Stuffed Potato w/ Fresh Baked Roll Fresh Romaine Salad Spring Veggie Cup w/ Taco Dip Go Bananas! Sweet Mandarin Oranges Southwest Seasoning Blend	Farmer Patsy's Chicken Pot Pie OR Cheese & Fruit Bento Box Roasted Golden Winter Root Veggies Crunchy Broccoli Slaw Ruby Red or Great Green Grapes Sweet Peaches	Fresh Catch Fish Tacos OR Gourmet Grilled Cheese Sandwich Super Green Salad Sweet Potato Wedges w/ Chili Lime Yogurt Dip Cinnamon Baked Pears Fresh Orange Slices Southwest Seasoning Blend Taco Dip
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