

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 8.

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

Breakfast Menu for May 2019

Top Spanish Catering

		Wednesday, May 1	Thursday, May 2	Friday, May 3
		Whole Grain Apple, Banana or Blueberry Muffin (2oz) 100% Fruit Juice	Whole Grain Bagels (1.9oz) Cream Cheese Cantaloupe (1C)	<p style="color: red;">Parent Conferences</p> <p style="color: red; font-weight: bold;">NO SCHOOL</p>
	Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9
Assorted Whole Grain Cereal (1oz) Oranges	Whole Grain Bagels (1.9oz) Cream Cheese (1) Watermelon (1C)	Whole Grain Apple, Banana or Blueberry Muffin (2oz) 100% Fruit Juice	Whole Grain Pancake (1.3oz) Scrambled Eggs Cantaloupe (1C)	French Toast (1.48oz) Breakfast Sausage (1.025oz) Fruit Salad (1C)
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
Assorted Whole Grain Cereal (1oz) Apples	French Toast (1.48oz) Breakfast Sausage (1.025oz) Cantaloupe (1C)	Whole Grain Apple, Banana or Blueberry Muffin (2oz) 100% Fruit Juice	Hard Boiled Egg (1) Whole Grain Roll (1.3oz) Home Potatoes with Onions (1/2C) Watermelon (1C)	Whole Grain Waffle (1.3oz) Turkey Bacon (2 slices) Fruit Salad (1C)
Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24
Assorted Whole Grain Cereal (1oz) Oranges	Whole Grain French Toast (1.48oz) Turkey Sausage (1.025oz) Watermelon (1C)	Whole Grain Banana, Apple or Blueberry Muffin (2oz) 100% Fruit Juice	Whole Grain Pancake (1.3oz) Turkey Bacon (2 slices) Cantaloupe (1C)	Whole Grain Bagel (1.9oz) Cream Cheese (1) Fruit Salad (1C)
Monday, May 27	Tuesday, May 28	Wednesday, May 29	Thursday, May 30	Friday, May 31
	Assorted Whole Grain Cereal (1oz) Oranges	Whole Grain Apple, Banana or Blueberry Muffin (2oz) 100% Fruit Juice	Whole Grain Pancake (1.3oz) Scrambled Eggs Fruit Salad (1C)	Whole Grain Waffle (1.3oz) Turkey Bacon (2 slices) Watermelon (1C)

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK

**** MENU SUBJECT TO CHANGE.

****DAILY FRUIT OFFERED MAY CHANGE DEPENDING ON AVAILABILITY.

This institution is an equal opportunity provider.

May

- National Bike to School Day (May 8)
- School Nutrition Employee Week (May 6-10)

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Lunch Menu for May 2019

Top Spanish Catering

		Wednesday, May 1	Thursday, May 2	Friday, May 3
		Chicken Parmesan: Chicken Patty (1.5oz) Marinara Sauce (1/4C) Mozzarella Cheese (1oz) Whole Grain Bun (2oz) Romaine Lettuce, Corn and Tomato Salad (1C) Bananas	Ground Beef and Spanish Rice (6oz) Black Beans (3/4C) Apples	<i>Parent Conferences</i> NO SCHOOL
Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
Hamburger: Beef Patty (2.25oz) Whole Grain Hamburger Bun (2oz) Sweet Potatoes(3/4C) Oranges (1)	Chicken Teriyaki/ Stir Fry (3oz) Brown Rice (4oz) Corn and Green Beans (1C) Apples (1)	Ground Beef Macaroni (3/4C) Broccoli (1/2C) Bananas (1)	Chicken Drumstick (1 piece) Whole Grain Roll (1.3oz) Baked Beans (3/4C) Pears (1)	Tuna Salad (4oz) Sandwich on Whole Grain Bread (2oz) Romaine Lettuce and Tomato Salad (1.5C) 100% Fruit Juice
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
Meatloaf (2oz) Whole Grain Roll (1.3oz) Mashed Potatoes (3/4C) Gravy Oranges (1)	Ground Beef and Spanish Rice(6oz) Beans (3/4C) Apples	Chicken Taco (4oz) Taco Shells (2 shells = 1.25oz) Romaine Lettuce and Cucumber Salad (1.5C) Banana	Turkey Hot Dogs (2oz) Whole Grain Hot Dog Roll (2oz) Steamed Corn (3/4C) Pears	Chicken Patty Sandwich (1.5oz) on Whole Grain Bread (2oz) Sweet Potatoes (3/4C) 100% Fruit Juice
Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24
Chicken Drumstick (1 piece) Whole Grain Roll (1.3oz) Green Beans (3/4C) Apple	Spanish Rice with Chicken (6oz) Beans (3/4C) Oranges	Turkey Pepperoni Pizza (1 slice) Broccoli (3/4C) Bananas	Hamburger: Beef Patty (2.25oz) Whole Grain Hamburger Bun (2oz) Oven Baked Potatoes (3/4C) Pears	Turkey Ham (3oz) Sandwich on Whole Grain Bun (2oz) Romaine Lettuce and Tomato Salad (1.5C) 100% Fruit Juice
Monday, May 27	Tuesday, May 28	Wednesday, May 29	Thursday, May 30	Friday, May 31
	Chicken Nuggets (3oz) Whole Grain Roll (1.3oz) Steamed Carrots (3/4C) Apples	Salisbury Steak (2oz) Marinara Sauce (1/4C) Whole Grain Brown Rice (4oz) Corn, Romaine Lettuce and Tomato Salad (1.75C) Bananas	Turkey Hot Dogs (2oz) Whole Grain Hot Dog Roll (2oz) Baked Beans (3/4C) Pears	Turkey Bologna (3oz) Sandwich on Whole Grain Bread (2oz) Graham Cookie (1oz) Coleslaw (3/4C) 100% Fruit Juice

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Vegetarian Menu for May 2019

Top Spanish Catering

		Wednesday, May 1	Thursday, May 2	Friday, May 3
		Vegetarian Patty (2.9oz) Whole Grain Bun (2oz) Romaine Lettuce, Corn and Tomato Salad (1C) Bananas	Vegetarian Meat and Spanish Rice (6oz) Black Beans (3/4C) Apples	<i>Parent Conferences</i> NO SCHOOL
	Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9
	Vegetarian Patty (2.9oz) Whole Grain Bun (2oz) Sweet Potatoes(3/4C) Oranges	Vegetarian Meat Stir Fry (3oz) Brown Rice (4oz) Corn and Green Beans (1C) Apples	Vegetarian Spaghetti (3/4C) Broccoli (1/2C) Bananas	Garden Patty (2.5oz) Whole Grain Roll (1.3oz) Baked Beans (3/4C) Pears
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
Vegetarian Patty (2.9oz) Whole Grain Roll (1.3oz) Potatoes (3/4C) Gravy Oranges	Vegetarian Meat and Spanish Rice(6oz) Beans (3/4C) Apples	Vegetarian Taco (3oz) Taco Shells (2 shells = 1.25oz) Romaine Lettuce and Cucumber Salad (1.5C) Banana	Vegetarian Meat Stir Fry (3oz) Whole Grain Hot Dog Roll (2oz) Steamed Corn (3/4C) Pears	Garden Patty (2.5oz) Sandwich on Whole Grain Bun (2oz) Sweet Potatoes (3/4C) 100% Fruit Juice
Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24
Vegetarian Patty (2.9oz) Whole Grain Roll (1.3oz) Green Beans (3/4C) Apple	Vegetarian Meat and Spanish Rice(6oz) Beans (3/4C) Oranges	Tofu and Vegetable Pizza (1 slice) Broccoli (3/4C) Bananas	Garden Patty (2.5oz) on Whole Grain Hamburger Bun (2oz) Oven Baked Potatoes (3/4C) Pears	Tofu (2oz) and Vegetable Sandwich on Whole Grain Bun (2oz) Romaine Lettuce and Tomato Salad (1.5C) 100% Fruit Juice
Monday, May 27	Tuesday, May 28	Wednesday, May 29	Thursday, May 30	Friday, May 31
	Garden Patty (2.5oz) Whole Grain Roll (1.3oz) Steamed Carrots (3/4C) Apple	Rice with Beans (1/2C) Corn, Romaine Lettuce and Tomato Salad (1.75C) Bananas	Vegetarian Meat Stir Fry (3oz) Whole Grain Hot Dog Roll (2oz) Baked Beans (3/4C) Pears	Vegetarian Patty (2.9oz) Sandwich on Whole Grain Bread (2oz) Coleslaw (3/4C) 100% Fruit Juice

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Snack Menus for May 2019

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		Wednesday, May 1	Thursday, May 2	Friday, May 3
		Mini Croissants Fruit Jelly Milk	Graham Crackers Milk	Parent Conferences NO SCHOOL
Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
Corn Muffins Milk	Cheese String 100% Fruit Juice	Mini Croissants Fruit Jelly Milk	Fat Free Yogurt Fresh Fruit	Pretzels Milk
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
Teddy Graham Crackers Milk	Sun Chips 100% Fruit Juice	Fat Free Yogurt Fresh Fruit	Mini Blueberry Muffins Milk	Mini Croissants Fruit Jelly Milk
Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24
Corn Muffins Milk	Fat Free Yogurt Fresh Fruit	Graham Crackers Milk	Cheese String Fresh Fruit	Sun Chips Milk
Monday, May 27	Tuesday, May 28	Wednesday, May 29	Thursday, May 30	Friday, May 31
	Mini Croissants Fruit Jelly Milk	Sun Chips Milk	1/2 Turkey Ham and Cheese Sandwich 100% Fruit Juice	Pretzels Fresh Fruit

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