

## Families Making the Connection

### Bike to School

Does your child ride his or her bike to school? May is National Bike to School Month and May 10 is the 2017 National Bike to School Day. U.S. schools and communities will celebrate by forming bicycle trains to ride in groups to and from school, building skills in bicycle clinics and having contests for the greatest participation.

#### How to Bike or Wheel to School?

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

#### Why Bike or Wheel to School?

- Fun—Biking or wheeling to school with friends can be 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.

Visit [www.walkbiketoschool.org](http://www.walkbiketoschool.org) for more info.

## THE POINT COLLEGE PREPARATORY & LEADERSHIP ACADEMY 9-11 MAY LUNCH MENU

	Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
	CHICKEN FILLET SANDWHICH  GREEN BEANS MASHED POTATOES FRUIT COCKTAIL ORANGES  LOW FAT OR SKIM MILK	BAKED SPAGHETTI  YELLOW CORN DICED TOMATOES ORANGES  LOW FAT OR SKIM MILK	BBQ MEATBALLS W/G ROLL  MASHED POTATOES GREEN BEANS ORANGES  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD MIX/RANCH ORANGES FRESH FRUIT  LOW FAT OR SKIM MILK
	Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10
CHICKEN FILLET SANDWHICH  YELLOW CORN GREEN PEAS APPLESAUCE ORANGES  LOW FAT OR SKIM MILK	MEATBALLS W/GRAVY W/G ROLL  MASHED POTATOES BROCCOLI ORANGES  LOW FAT OR SKIM MILK	FRIED CHCKEN W/G ROLL  GREEN BEANS YELLOW CORN ORANGES APPLES  LOW FAT OR SKIM MILK	CHICKEN FAJITAS W/ SALSA W/W FAJITS  SHREDDED LETTUCE BLACK BEANS FRUIT COCKTAIL  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD MIX/RANCH FRESH FRUIT ORANGES  LOW FAT OR SKIM MILK
Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
TACO SALAD W/NACHO CHEESE  SHREDDED LETTUCE YELLOW CORN FRUIT COCKTAIL ORANGES  LOW FAT OR SKIM MILK	BAKED SPAGHETTI  GREEN BEANS DICED TOMATOES ORANGES FROZEN FRUIT CUP  LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL  MASHED POTATOES YELLOW CORN DICED PEACHES ORANGES  LOW FAT OR SKIM MILK	CHICKEN NUGGETS W/G DINNER ROLL  FRESH CARROTS W/RANCH DIP GREEN BEANS ORANGES  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD MIX W/ RANCH FRESH FRUIT ORANGES  LOW FAT OR SKIM MILK
Monday, May 21	Tuesday, May 22	Wednesday, May 23	Thursday, May 24	Friday, May 25
CHICKEN NUGGETS W/G DINNER ROLL  PINTO BEANS YELLOW CORN ORANGES  LOW FAT OR SKIM MILK	BBQ CHICKEN W/G ROLL  MASHED POTATOES GREEN BEANS TROPICAL FRUIT MIX ORANGES  LOW FAT OR SKIM MILK	TACO SALAD W/NACHO CHEESE  SHREDDED LETTUCE YELLOW CORN ORANGES  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD MIX W/ RANCH ORANGES FRESH FRUIT  LOW FAT OR SKIM MILK	DELI TURKEY & CHEESE SANDWHICH  FRESH CARROTS W/RANCH DIP CELERY STICKS APPLES  LOW FAT OR SKIM MILK
Monday, May 28	Tuesday, May 29	Wednesday, May 30	Thursday, May 31	
<p style="text-align: center;"><b>NO SCHOOL</b></p> <p style="text-align: center;"><b>MEMORIAL DAY</b></p>	CHICKEN FILLET SANDWHICH  GREEN BEANS MASHED POTATOES FRUIT COCKTAIL ORANGES  LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL  BROCCOLI & CHEESE YELLOW CORN ORANGES APPLES  LOW FAT OR SKIM MILK	BBQ MEATBALLS W/G ROLL  MASHED POTATOES GREEN BEANS ORANGES  LOW FAT OR SKIM MILK	<p>Did you know free summer meals are available to kids and teens when school is out? No ID or registration is required. For more info, go to <a href="http://www.nokidhungrync.org">www.nokidhungrync.org</a>.</p> 

## May

- Global Youth Traffic Safety Month
- National Bike to School Day (May 9)
- School Nutrition Employee Week (May 7-11)



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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<http://childnutrition.ncpublicschools.gov>