

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 for more info.

THE POINT COLLEGE PREPARATORY & LEADERSHIP ACADEMY K-8 MAY LUNCH MENU

	Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4	
	CHICKEN FILLET SANDWHICH GREEN BEANS FRUIT COCKTAIL LOW FAT OR SKIM MILK	BAKED SPAGHETTI YELLOW CORN ORANGES LOW FAT OR SKIM MILK	BBQ MEATBALLS W/G ROLL MASHED POTATOES ORANGES LOW FAT OR SKIM MILK	PIZZA ROMAINE SALAD MIX/RANCH ORANGES LOW FAT OR SKIM MILK	
	Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10	Friday, May 11
	CHICKEN FILLET SANDWHICH YELLOW CORN APPLESAUCE LOW FAT OR SKIM MILK	MEATBALLS W/GRAVY W/G ROLL MASHED POTATOES ORANGES LOW FAT OR SKIM MILK	FRIED CHCKEN W/G ROLL GREEN BEANS ORANGES 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 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 LOW FAT OR SKIM MILK	BAKED SPAGHETTI GREEN BEANS ORANGES LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL MASHED POTATOES DICED PEACHES LOW FAT OR SKIM MILK	CHICKEN NUGGETS W/G DINNER ROLL FRESH CARROTS W/RANCH DIP ORANGES LOW FAT OR SKIM MILK	PIZZA ROMAINE SALAD MIX W/ RANCH 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 ORANGES LOW FAT OR SKIM MILK	BBQ CHICKEN W/G ROLL MASHED POTATOES TROPICAL FRUIT MIX LOW FAT OR SKIM MILK	TACO SALAD W/NACHO CHEESE SHREDDED LETTUCE YELLOW CORN FRUIT COCKTAIL LOW FAT OR SKIM MILK	PIZZA ROMAINE SALAD MIX W/ RANCH ORANGES LOW FAT OR SKIM MILK	DELI TURKEY & CHEESE SANDWHICH FRESH CARROTS W/RANCH DIP APPLES LOW FAT OR SKIM MILK	
Monday, May 28	Tuesday, May 29	Wednesday, May 30	Thursday, May 31		
NO SCHOOL MEMORIAL DAY	CHICKEN FILLET SANDWHICH GREEN BEANS FRUIT COCKTAIL LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL BROCCOLI & CHEESE ORANGES LOW FAT OR SKIM MILK	BBQ MEATBALLS W/G ROLL MASHED POTATOES ORANGES LOW FAT OR SKIM MILK	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 www.nokidhungrync.org . 	

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>