

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-12 MAY BREAKFAST MENU

	Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
	W/G OATS & HONEY BARS W/G GOLDFISH GRAHAMS	W/G BREAKFAST BURRITOS	W/G DANISHES	APPLE CINNAMON OATS W/G GOLDFISH GRAHAMS
	100% JUICE	FRESH FRUIT	100% JUICE	FRESH FRUIT
	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10	Friday, May 11
W/G BLUEBERRY MUFFINS	W/G DANISHES	W/G NUTRI GRAIN BARS	W/G CINNAMON TOAST CRUNCH BARS	FROSTED FLAKES W/G GRAHAM CRACKERS
APPLESAUCE ORANGES	100% JUICE	FRESH FRUIT	100% JUICE	FRESH FRUIT
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
W/G PANCAKES W/SYRUP SAUSAGE LINKS	W/G OATS & HONEY BARS W/G GOLDFISH GRAHAMS	W/G BREAKFAST BURRITOS	W/G DANISHES	APPLE CINNAMON OATS W/G GOLDFISH GRAHAMS
FRUIT COCKTAIL ORANGES	100% JUICE	FRESH FRUIT	100% JUICE	FRESH FRUIT
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, May 21	Tuesday, May 22	Wednesday, May 23	Thursday, May 24	Friday, May 25
W/G BLUEBERRY MUFFINS	W/G DANISHES	W/G NUTRI GRAIN BARS	FROSTED FLAKES W/G GRAHAM CRACKERS	W/G CINNAMON TOAST CRUNCH BARS
APPLESAUCE ORANGES	100% JUICE	FRESH FRUIT	FRESH FRUIT	100% JUICE
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, May 28	Tuesday, May 29	Wednesday, May 30	Thursday, May 31	
NO SCHOOL	CORN FLAKES W/G GRAHAM CRACKERS	W/G DANISHES	W/G NUTRI GRAIN BARS W/G APPLE CINNAMON GRANOLA BARS	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 .
MEMORIAL DAY	100% JUICE	100% JUICE	100% JUICE	
	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	



May

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



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<http://childnutrition.ncpublicschools.gov>