

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 10.

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

7-12 Lunch Menu

All Grain items are Whole Grain

May 2018

	Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
	A-Ham & Cheese Sub B-Twisted BBQ Nachos Baked Chips Baby Carrots Fruit	A-Beef & Noodles B-Corn Dog Mashed Potato Green Beans Fruit	A-Baked Chix Drumstick B-Baked Potato Bar Savory Rice WW Roll Broccoli & Tomatoes Fruit	A-Yummy Sloppy Joe on Bun B-Beef Hard Shell Taco Roasted Red Potatoes Celery Fruit
Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10	Friday, May 11
A-Beef & Bean Burrito B-Chef's Choice Tortilla Chips (9-12) Salsa Romaine & Tomato Mexican Corn Fruit	A-Mini Meatball Sub B-Chix on Hawaiian Roll Ranch Potato Wedges Tossed Salad Fruit	A-Chicken Fajita Wrap B-Pulled Pork on bun Spanish Rice Peas Fruit	A-Turkey & Cheese Sub B-Pizza Oven Fries Red Peppers Fruit	High School Picnic
Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
A-Pork Rib on Bun B-French Bread Pizza Ranch Potato Wedges Tossed Salad Fruit	A-Pretzel w/cheese B-Max Sticks Celery & Carrots Corn Fruit	A-Corn Dog B-Toasted Ravioli Peas Baked Beans Fruit	Chef's Choice of Entrée, Grain, Vegetable, & Fruit	Chef's Choice of Entrée, Grain, Vegetable, & Fruit
Monday, May 21	Tuesday, May 22	Wednesday, May 23	Thursday, May 24	Friday, May 25
Chef's Choice of Entrée, Grain, Vegetable, & Fruit	Chef's Choice of Entrée, Grain, Vegetable, & Fruit	Chef's Choice of Entrée, Grain, Vegetable, & Fruit		
Monday, May 28	Tuesday, May 29	Wednesday, May 30	Thursday, May 31	
SUMMER Vacation				1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch

Menus are subject to change.

Spoon River Valley CUSD #4 35265 N IL Hwy 97 London Mills, IL 61544

This institution is an equal opportunity provider.

May

- National Bike to School Day (May 9)
- School Nutrition Employee Week (May 7-11)