

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

K-12 Breakfast Menu

All Grain items are Whole Grain

May 2018

	Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
	WG Donut 100% Fruit Juice Fruit	WW Bagel 100% Fruit Juice Fruit	Breakfast Burrito 100% Fruit Juice Fruit	WG Cinnamon Roll 100% Fruit Juice Fruit
Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10	Friday, May 11
WG Cereal Yogurt 100% Fruit Juice Fruit	Biscuit & Gravy 100% Fruit Juice Fruit	Coffeecake 100% Fruit Juice Fruit	Omelet 100% Fruit Juice Fruit	French Toast Sticks w/ syrup 100% Fruit Juice Fruit
Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
Cereal Nutrigrain Bar 100% Fruit Juice Fruit	Cream Cheese Mini Bagels 100% Fruit Juice Fruit	Breakfast Boats 100% Fruit Juice Fruit	Chef's Choice of Entrée 100% Fruit Juice Fruit	Chef's Choice of Entrée 100% Fruit Juice Fruit
Monday, May 21	Tuesday, May 22	Wednesday, May 23	Thursday, May 24	Friday, May 25
Chef's Choice of Entrée 100% Fruit Juice Fruit	Chef's Choice of Entrée 100% Fruit Juice Fruit	Elementary School Picnic		
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

May

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

Menus are subject to change.

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

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