

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-6 Lunch Menu

All Grain items are Whole Grain

May 2018

	Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
	Ham & Cheese Sub Baked Chips Baby Carrots Fruit	Beef & Noodles Mashed Potato Green Beans Fruit	Baked Chix Drumstick Savory Rice WW Roll Broccoli & Tomatoes Fruit	Yummy Sloppy Joe on Bun Roasted Red Potatoes Celery Fruit
Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10	Friday, May 11
Beef & Bean Burrito Salsa Romaine & Tomato Mexican Corn Fruit	Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fruit	Chicken Fajita Wrap Spanish Rice Peas Fruit	Turkey & Cheese Sub Oven Fries Red Peppers Fruit	Grilled Hotdog on bun Vegetable Cookie Fruit
Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
Pork Rib on Bun Ranch Potato Wedges Tossed Salad Fruit	Pretzel w/cheese Celery & Carrots Corn Fruit	Corn Dog 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	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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