

## Families Making the Connection

### Bike to School

Does your child ride his or her bike to school? May is Bike to School Month and May 8 is the 2019 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](http://www.walkbiketoschool.org) for more info.

11/1/2020	11/3/2020	11/4/2020	11/5/2020	11/6/2020
Breakfast Bar Cookie Cheese String and Chips Bag of fruit and Veggie Dipping sauce Cheese Pizza Milk	Breakfast Bar Cookie Cheese String and Chips Bag of fruit and Veggie Dipping sauce Chicken Nuggets Milk	Breakfast Bar Cookie Cheese String and Chips Bag of fruit and Veggie Dipping sauce Spaghetti meat Sauce Milk	Breakfast Bar Cookie Cheese String and Chips Bag of fruit and Veggie Dipping sauce Turkey Sandwich Milk	Breakfast Bar Cookie Cheese String and Chips Bag of fruit and Veggie Dipping sauce Chicken Sandwich Milk
11/9/2020	11/10/2020	11/11/2020	11/12/2020	11/13/2020
Breakfast Bar Cookie Cheese String and Chips Bag of fruit and Veggie Dipping sauce Chicken Tenders Milk	Breakfast Bar Cookie Cheese String and Chips Bag of fruit and Veggie Dipping sauce Cheese Pizza Milk	VD	Breakfast Bar Cookie Cheese String and Chips Bag of fruit and Veggie Dipping sauce Chicken Nuggets Milk	Breakfast Bar Cookie Cheese String and Chips Bag of fruit and Veggie Dipping sauce Chicken Sandwich Milk
11/16/2020	11/17/2020	11/18/2020	11/19/2020	11/20/2020
Breakfast Bar Cookie Cheese String and Chips Bag of fruit and Veggie Dipping sauce Cheese Pizza Milk	Breakfast Bar Cookie Cheese String and Chips Bag of fruit and Veggie Dipping sauce Chicken Tenders Milk	Breakfast Bar Cookie Cheese String and Chips Bag of fruit and Veggie Dipping sauce Mac-N-Cheese Milk	Breakfast Bar Cookie Cheese String and Chips Bag of fruit and Veggie Dipping sauce Chicken nuggets Milk	Breakfast Bar Cookie Cheese String and Chips Bag of fruit and Veggie Dipping sauce Turkey Sandwich
11/23/2020	11/24/2020	11/25/2020	11/26/2020	11/27/2020
FB	FB	FB	FB	FB
11/30/2020				<p>Please not all menu items subject to change due to menu items availability</p>

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