

Menus for May 2017

Person County Elementary & Middle Schools

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4	Friday, May 5
<p>Choose 1: Pizza Sticks (w/ Marinara Sauce) Chicken Tenders (w/ Biscuit and Gravy)</p> <p>Choose 1 or more: Broccoli w/ Cheese Sauce Carrot Coins Mixed Fruit</p> <p>Breakfast Entrée Mini French Toast</p>	<p>Choose 1: Hotdog (with Chili) Pork BBQ Sandwich</p> <p>Choose 1 or more: Vegetarian Beans French Fries Blueberry Cobbler</p> <p>Breakfast Entrée Doughnut</p>	<p>Choose 1: Spaghetti w/ Meat Sauce (w/ Breadstick) Fish Nuggets (w/ Hushpuppies)</p> <p>Choose 1 or more: Steamed Cabbage Green Peas Peaches</p> <p>Breakfast Entrée Sausage Dog</p>	<p>Choose 1: Taco Salad Pork Choppette Sandwich</p> <p>Choose 1 or more: Lettuce & Tomato Collards Strawberries</p> <p>Breakfast Entrée Sweet Potato Roll</p>	<p>Choose 1: Pepperoni Pizza Turkey & Cheese Sandwich</p> <p>Choose 1 or more: Sweet Potato Soufflé Green Beans Pear Slices</p> <p>Breakfast Entrée Apple Pocket</p>
Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
<p>Choose 1: Cheeseburger Chicken and Waffles</p> <p>Choose 1 or more: Potato Rounds Broccoli w/ cheese sauce Mixed Fruit</p> <p>Breakfast Entrée Breakfast Pizza</p>	<p>Choose 1: BBQ Rib Sandwich Corn dog Nuggets</p> <p>Choose 1 or more: Steamed Cabbage Sweet Potatoes Blueberry Cobbler</p> <p>Breakfast Entrée Mini Pancakes</p>	<p>Choose 1: Meatballs & Gravy (w/ Rice and Roll) Chicken Nuggets (w/ roll)</p> <p>Choose 1 or more: Green Beans Carrot Coins Peaches</p> <p>Breakfast Entrée Sausage Biscuit</p>	<p>Choose 1: Chicken Mashed Potato Bowl (Gravy and Roll) Hot Ham and Cheese</p> <p>Choose 1 or more: Fresh Veggies w/Dressing Green Peas Fresh Fruit</p> <p>Breakfast Entrée Muffins</p>	<p>Choose 1: Pepperoni Pizza Chicken Fillet Sandwich</p> <p>Choose 1 or more: Seasoned Corn Black-eyed Beans Pear Slices</p> <p>Breakfast Entrée Banana Bread</p>
Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
<p>Choose 1: Chicken Fajita or Cheesy Meatball Sub</p> <p>Choose 1 or more: California Blend Pinto Beans Mixed Fruit</p> <p>Breakfast Entrée Cherry Strudel</p>	<p>Choose 1: Loaded Nacho Fries (w Rolls) Chicken Burrito</p> <p>Choose 1 or more: Black-eye Peas Sweet Potatoes Apple Cobbler</p> <p>Breakfast Entrée Cinnamon Bun</p>	<p>Choose 1: Sloppy Joe on WG Bun Salisbury Steak (w/ Rolls)</p> <p>Choose 1 or more: Whipped Potatoes (w/ Gravy) Green Beans Peaches</p> <p>Breakfast Entrée Chicken Biscuit</p>	<p>Choose 1: Teriyaki Chicken Bowl Turkey Sandwich</p> <p>Choose 1 or more: Fresh Veggies w/Dressing Green Peas Fresh Fruit</p> <p>Breakfast Entrée Bagel Bar</p>	<p>Choose 1: Cheese Pizza Hot Ham & Cheese</p> <p>Choose 1 or more: Salsa w/ Chips Collards Pear Slices</p> <p>Breakfast Entrée Mini Waffles</p>

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.

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Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
<p>Choose 1: Pizza Sticks (w/ Marinara Sauce) Chicken Tenders (w/ Biscuit and Gravy)</p> <p>Choose 1 or more: Broccoli w/ Cheese Sauce Carrot Coins Mixed Fruit</p> <p>Breakfast Entrée Mini French Toast</p>	<p>Choose 1: Hotdog (with Chili) Pork BBQ Sandwich</p> <p>Choose 1 or more: Vegetarian Beans French Fries Blueberry Cobbler</p> <p>Breakfast Entrée Doughnut</p>	<p>Choose 1: Spaghetti w/ Meat Sauce (w/ Breadstick) Fish Nuggets (w/ Hushpuppies)</p> <p>Choose 1 or more: Steamed Cabbage Green Peas Peaches</p> <p>Breakfast Entrée Sausage Dog</p>	<p>Choose 1: Taco Salad Pork Choppette Sandwich</p> <p>Choose 1 or more: Lettuce & Tomato Collards Strawberries</p> <p>Breakfast Entrée Sweet Potato Roll</p>	<p>Choose 1: Pepperoni Pizza Turkey & Cheese Sandwich</p> <p>Choose 1 or more: Sweet Potato Soufflé Green Beans Pear Slices</p> <p>Breakfast Entrée Apple Pocket</p>
Monday, May 29	Tuesday, May 30	Wednesday, May 31	Thursday, June 1	Friday, June 2
	<p>Choose 1: BBQ Rib Sandwich Corn Dog Nuggets</p> <p>Choose 1 or more: Steamed Cabbage Sweet Potatoes Blueberry Cobbler</p> <p>Breakfast Entrée Mini Pancakes</p>	<p>Choose 1: Meatballs & Gravy (w/ Rice and Roll) Chicken Nuggets (w/ roll)</p> <p>Choose 1 or more: Green Beans Carrot Coins Peaches</p> <p>Breakfast Entrée Sausage Biscuit</p>	<p>Choose 1: Chicken Mashed Potato Bowl (Gravy and Roll) Hot Ham and Cheese</p> <p>Choose 1 or more: Fresh Veggies w/Dressing Green Peas Fresh Fruit</p> <p>Breakfast Entrée Muffins</p>	<p>Choose 1: Pepperoni Pizza Chicken Fillet Sandwich</p> <p>Choose 1 or more: Seasoned Corn Black-eyed Beans Pear Slices</p> <p>Breakfast Entrée Banana Bread</p>

Note: Availability of food, early release days and special school situations may require changes in menus without notice.

*Assorted low-fat milk available for all meals

* All grains served at meals are whole grain rich unless otherwise noted*

Eat a Rainbow— choose a variety of fruits and vegetables!

*Dark Green Vegetable *Red/Orange Vegetable *Legume Vegetable

◆ *Tossed Salads and soups provide a variety of vegetables

May

- Global Youth Traffic Safety Month
- National Bike to School Day (May 10)
- School Nutrition Employee Week (May 1-5)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>