

Food Bytes

Walk to School Day

What is Walk to School Day? Kids from communities around the world walk, bike or roll in a wheel chair to school on the same day. *Walk to School Day 2015* is October 7.

Why Walk, Bike or Wheel to School?

- Fun—Walking, 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 walking or biking 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.

How to Walk, Bike or Wheel to School?

- Involve students of all abilities—kids who can walk, bike or use a wheel chair.
- Plan for kids who ride the bus to be dropped off 1-2 blocks away. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.

Nutrilink: Visit

Menus for September 2015

Wilkes County High School Breakfast

	Tuesday, September 1	Wednesday, September 2	Thursday, September 3	Friday, September 4
	Chicken Biscuit Cinnamon Glazed French Toast Cocoa Krispies Bar Graham Crackers Milk Juice Cupped Fruit	Egg & Cheese Biscuit Apple Frudel Cheerio Bar Graham Crackers Milk Juice Fresh Fruit	Blueberry Mini Pancakes Steak Biscuit Blueberry Muffin Graham Crackers Milk Juice Cupped Fruit	Canadian Bacon & Egg Biscuit Breakfast Chex Mix Cocoa Krispy Bar Toast Juice Fresh Fruit
Monday, September 7	Tuesday, September 8	Wednesday, September 9	Thursday, September 10	Friday, September 11
	Sausage Biscuit French Toast Minis Blueberry Fruit Bar Graham Crackers Milk Juice Fresh Fruit	Egg & Cheese Biscuit Cinnamon Glazed French Toast Strawberry Poptart Cinnamon Biscuit Milk Juice Fresh Fruit	Chicken Biscuit Cherry Frudel Cocoa Krispies Bar Graham Crackers Milk Juice Mixed Berry Applesauce Cup	Flatbread Pizza Chocolate Muffin Maple Mini Waffles Toast Milk Juice Fresh Fruit
Monday, September 14	Tuesday, September 15	Wednesday, September 16	Thursday, September 17	Friday, September 18
Sausage Biscuit Chocolate Chipa French Toast Minis Trix Bar Cinnamon Biscuit Milk Juice Fresh Fruit	Breakfast Pizza Cini Mini Strawberry Fruit Bar Graham Crackers Milk Juice Strawberry Applesauce Cup	Bacon & Egg Biscuit Maple Mini Waffles Apple Cinnamon Bar Graham Crackers Milk Juice Fresh Fruit	Chicken Biscuits Cinnamon Glazed French Toast Poptart Cinnamon Biscuits Milk Raisels Juice	Canadian Bacon & Egg Biscuit Mini Blueberry Waffles Chocolate Muffin Toast Milk Juice Fresh Fruit
Monday, September 21	Tuesday, September 22	Wednesday, September 23	Thursday, September 24	Friday, September 25
Sausage Biscuit French Toast Minis Apple Fruit Bar Cinnamon Biscuit Milk Juice Cupped Fruit	Canadian Bacon & Egg Biscuit Maple Mini Pancakes Trix Bar Graham Crackers Milk Juice Dried Fruit	Egg & Cheese Biscuit Apple Frudel Cheerio Bar Graham Crackers Milk Juice Fresh Fruit	Breakfast Pizza Pancake on a Stick Blueberry Muffin Toast Milk Juice Mandarin Orange Cup	Bacon & Egg Biscuit Cini Minis Strawberry Poptart Milk Juice Fresh Fruit
Monday, September 28	Tuesday, September 29	Wednesday, September 30		
Canadian Bacon & Egg Biscuit Cinnamon Bun Crunchmania Cocoa Krispy Bar Milk Juice Fresh Fruit	Blueberry Mini Pancakes Egg & Cheese Biscuit Blueberry Muffin Graham Crackers Milk Juice Cupped Fruit			

September

- Fruit & Veggies—More Matters™ Month



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