

Families Making the Connection

Want to support your local community?

Wonder where your food comes from?

Visit your local farmers tailgate market!

- Farmers tailgate markets give you the chance to:
- Eat fresher, better tasting food
- Meet the farmers growing your food
- Enjoy seasonal produce and regional varieties
- Strengthen local economies and keep your food dollars close to home.

Eat Fresh picked Strawberries in May



Breakfast May 2016

Top Spanish Café & Catering

Monday, May 2	Tuesday, May 3	Wednesday, May 4	Thursday, May 5	Friday, May 6
Whole Grain Cinnamon Roll or Biscuit Fruit Preserve 100% Variety Juice	Assorted Whole Grain Cereal Fresh Seasonal Fruit	Whole Wheat French Toast Sticks Maple Syrup Fresh Seasonal Fruit	Whole Wheat Bagel Cream Cheese Fresh Seasonal Fruit	Whole Wheat Pancakes and Syrup Scramble Eggs Fresh Seasonal
Monday, May 9	Tuesday, May 10	Wednesday, May 11	Thursday, May 12	Friday, May 13
Assorted Whole Grain Cereal Fresh Seasonal Fruit	Lean Turkey Ham & American Cheese on Whole Grain English Muffin 100% Variety Juice	Whole Grain Blueberry Muffin Fresh Seasonal Fruit	Whole Grain Strawberry Waffles Turkey Bacon Maple Syrup Fresh Seasonal Fruit	Hard Boiled Eggs Home fries Whole Grain Toast Fresh Seasonal
Monday, May 16	Tuesday, May 17	Wednesday, May 18	Thursday, May 19	Friday, May 20
Whole Wheat Waffle Sticks Maple Syrup Fresh Seasonal Fruit	Whole Wheat Bagel Cream Cheese 100% Variety Juice	Assorted Whole Grain Cereal Fresh Seasonal Fruit	Whole Grain Cinnamon Roll or Biscuit Fruit Preserve Fresh Seasonal Fruit	Whole Wheat Pancakes and Syrup Scramble Eggs Fresh Seasonal
Monday, May 23	Tuesday, May 24	Wednesday, May 25	Thursday, May 26	Friday, May 27
Oatmeal Turkey sausage Fresh Seasonal Fruit	Whole Grain Apple Baker's Muffin Fresh Seasonal Fruit	Whole Wheat French Toast Lean Turkey Bacon Fresh Seasonal Fruit	Assorted Whole Grain Cereal Fresh Seasonal Fruit	Hard Boiled Eggs Home fries Whole Grain Toast 100% Variety Juice
Monday, May 30	Tuesday, May 31			
	Assorted Whole Grain Cereal Fresh Seasonal Fruit	Whole Grain Waffles & Syrup Turkey Bacon 100% Variety Juice	Whole Wheat Bagel Cream Cheese Fresh Seasonal Fruit	Whole Wheat Pancakes and Syrup Scramble Eggs Fresh Seasonal Fruit



May

- Global Youth Traffic Safety Month
- National Bike to School Day (May 4)
- School Nutrition Employee Week (May 2-6)

Families Making the Connection

Bike to School

May 4, 2016 is the 5th anniversary of National Bike to School Day, part of the celebration of May as National Bike Month. Schools and communities around the U.S. 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.

Lunch May 2016

Top Spanish Café & Catering

Monday, May 2	Tuesday, May 3	Wednesday, May 4	Thursday, May 5	Friday, May 6
Chicken Stir Fry Whole Grain Rice with Split Peas and Onions Fresh Seasonal Fruit	Beef Tacos on W.W. Tortilla (VG) Taco Steamed Carrots & Corn Fresh Seasonal Fruit	Lean Meatloaf Mashed Potato W.W. bread (1sl) Steamed Green Peas 100% Variety Fruit Juice	5 Whole Grain Chicken Nuggets Baked Beans Romaine Lettuce Salad Fresh Seasonal Fruit	Turkey Bologna on Whole Wheat Pita or W.W. bread Cucumber and Carrot Salad Fresh Seasonal Fruit
Monday, May 9	Tuesday, May 10	Wednesday, May 11	Thursday, May 12	Friday, May 13
Whole Grain Rice, Turkey Jambalaya Garbanzo Beans and Tomatoes 100% Variety Fruit Juice	BBQ Chicken Drumstick Whole Wheat Bread Romaine Lettuce and Tomato Salad Fresh Seasonal Fruit	Whole Grain Pepperoni Pizza Steamed Broccoli Fresh Seasonal Fruit	Ground Beef and Spanish Rice Green Peas Fresh Seasonal Fruit	Turkey Ham Sandwich on Whole Wheat Bread Cole Slaw Fresh Seasonal Fruit
Monday, May 16	Tuesday, May 17	Wednesday, May 18	Thursday, May 19	Friday, May 20
Turkey Dog W.W. Bun Mixed Vegetables Fresh Seasonal Fruit	Chicken Taco Whole Wheat Shell Red Beans & Tomatoes Fresh Seasonal Fruit	Cheese Hamburger W.W. Bun Steamed Carrots 100% Variety Fruit Juice	Chicken Stir Fry Whole Grain Rice with Steamed Spinach Fresh Seasonal fruit	Roast Beef Sandwich Whole Wheat Bread Green Bean, Onion and Pepper Salad Fresh Seasonal Fruit
Monday, May 23	Tuesday, May 24	Wednesday, May 25	Thursday, May 26	Friday, May 27
Spaghetti and Meatballs W.W. Bread (1sl) Steamed Carrots Fresh Seasonal Fruit	Whole Grain Chicken Nuggets Steamed Corn Romaine Lettuce Salad Fresh Seasonal Fruit	Beef Stew Mashed Potatoes Whole Grain Bread Garbanzo Beans 100% Variety Fruit Juice	Chicken Patty Whole Grain Bread Steamed Zucchini Fresh Seasonal Fruit	Turkey Ham Sandwich on Whole Wheat Bread Spinach, Tomato and Romaine Salad Fresh Seasonal Fruit
Monday, May 30	Tuesday, May 31			
	Beef Lasagna Steamed Cauliflower and Green Peas 100% Variety Fruit Juice	Breaded Fish Filet Whole Wheat Bread Black Beans Cole Slaw Fresh seasonal fruit	BBQ Chicken Drumstick Whole Wheat Bun Steamed Corn Spinach Salad Fresh seasonal fruit	Chicken Salad Whole Wheat Pita / Whole Wheat Bread Carrot Salad Fresh Seasonal Fruit

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Vegetarian May 2016

Top Spanish Café & Catering

Monday, May 2	Tuesday, May 3	Wednesday, May 4	Thursday, May 5	Friday, May 6
Stir fry Tofu With Brown Rice Whole Grain Roll Split Peas and Onions Fresh Seasonal Fruit	Taco on W.W. Tortilla Steamed Carrots & Corn Fresh Seasonal Fruit	Vegetarian Stew Mashed Potato W.W bread (1sl) Steamed Green Peas 100% Variety Fruit Juice	Vegetarian "Chicken" Nuggets Baked Beans Romaine Lettuce Salad Fresh Seasonal Fruit	Vegetarian patty Sandwich Wheat bread Cucumber and Carrot Salad Fresh Seasonal Fruit
Monday, May 9	Tuesday, May 10	Wednesday, May 11	Thursday, May 12	Friday, May 13
Whole Grain Rice, Vegetable Jambalaya Garbanzo Beans and Tomatoes 100% Variety Fruit Juice	Cheese Pasta Whole Wheat Bread Romaine Lettuce and Tomato Salad Fresh Seasonal Fruit	Cheese Pizza Steamed Broccoli Fresh Seasonal Fruit	Bean and Cheese Quesadilla Green Peas Fresh Seasonal Fruit	Veggie Patty Sandwich on Whole Wheat Bread Cole Slaw Fresh Seasonal Fruit
Monday, May 16	Tuesday, May 17	Wednesday, May 18	Thursday, May 19	Friday, May 20
Vegetarian Hot-Dog W.W Bun Mixed Vegetables Fresh Seasonal Fruit	Vegetarian Taco Whole Wheat Shell Red Beans & Tomatoes 100% Variety Fruit Juice	Veggie Burger W.W. Bun Steamed Carrots Fresh Seasonal Fruit	Stir Fry Vegetables Whole Grain Rice with Steamed Spinach Fresh Seasonal fruit	Veggie Patty Sandwich Whole Wheat Bread Green Bean, Onion and Pepper Salad Fresh Seasonal Fruit
Monday, May 23	Tuesday, May 24	Wednesday, May 25	Thursday, May 26	Friday, May 27
Spaghetti and Marinara Sauce W.W Bread (1sl) Steamed Carrots Fresh Seasonal Fruit	Veggie Nuggets Steamed Corn Romaine Lettuce Salad Fresh Seasonal Fruit	Vegetable Stew Mashed Potatoes Whole Grain Bread Garbanzo Beans 100% Variety Fruit Juice	Alfredo Pasta Whole Grain Bread Steamed Zucchini Fresh Seasonal Fruit	Veggie Sandwich on Whole Wheat Bread Spinach, Tomato and Romaine Salad Fresh Seasonal Fruit
Monday, May 30	Tuesday, May 31			
	Vegetarian Sausage Steamed Cauliflower and Green Peas 100% Variety Fruit Juice	Breaded Fish Filet Whole Wheat Bread Black Beans Cole Slaw Fresh seasonal fruit	Cheese Pasta Whole Wheat Bun Steamed Corn Spinach Salad Fresh seasonal fruit	Veggie Patty Sandwich Whole Wheat Pita / Whole Wheat Bread Carrot Salad Fresh Seasonal Fruit



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