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

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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	What Oak W #	Mile de Mile est D	Miles Is Miles at D	
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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.

 $\label{thm:continuous} \mbox{Visit www.walkbiketoschool.org for more info.}$

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

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Vegetarian May 2016

Top Spanish Café & Catering

Monday, May 2 Sire fy Totk With Brown Rice Whole Crain Roll Spit Peas and Orions Friesh Seasonal Fruit Monday, May 3 Wednesday, May 4 Tursday, May 5 Friday, May 5 Tot on W.W. Tortilla Spit Peas and Orions Friesh Seasonal Fruit Monday, May 9 Whole Crain Rica, Garhanzo Beans and Tonnabos 100% Variety Fruit Juice Monday, May 16 Vegetarian Fruit Monday, May 16 Vegetarian Fruit Monday, May 16 Vegetarian Fruit Monday, May 16 Vegetarian Hol-Dog W.W. Bun Mixed Vegetarian Taco Without Shall Mixed Vegetarian Fruit Monday, May 16 Vegetarian Fruit Vegetarian Fruit Fresh Seasonal Fruit Fresh Seasonal Fruit Monday, May 16 Vegetarian Fruit Vegetarian Fruit Fresh Seasonal Fruit Monday, May 16 Vegetarian Fruit Vegetarian Fruit Fresh Seasonal Fruit Fresh Seasonal Fruit Monday, May 16 Vegetarian Fruit Vegetarian Fruit Fresh Seasonal Fruit Fresh Seasonal Fruit Fresh Seasonal Fruit Monday, May 20 Vegetarian Fruit Fresh Seasonal Fruit Monday, May 20 Vegetarian Fruit Fresh Seasonal Fruit Fresh Seasonal Fruit Monday, May 20 Vegetarian Fruit Monday, May 20 Vegetarian Fruit Fresh Seasonal Fruit Monday, May 20 Vegetarian Fruit Fresh Seasonal Fruit Fres						
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Whole Grain Rice, Vegetable Jambalaya Whole Wheat Bread Salad Fresh Seasonal Fruit Fresh Seas		Split Peas and Onions Fresh Seasonal Fruit	Steamed Carrots & Corn Fresh Seasonal Fruit	Steamed Green Peas 100% Variety Fruit Juice		
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