

Connection

Walk to School Day

What is Walk to School Day? Walk to School Day is a global event that involves communities from around the world walking, biking and rolling in wheel chairs to school on the same day. Mark your calendars. Walk to School Day 2016 is scheduled for October 5.

Why Walk, Bike or Wheel to School?

- Fun—Walking, 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.


How to Walk, Bike or Wheel to School?

- Involve students of all abilities—students who can walk, bike or use a wheel chair.
- Plan for students who ride the bus to be dropped off 1-2 blocks away from the school. 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.

Visit www.walkbiketoschool.org for more info.

Menus for September 2016

AMERICAN HORSE SCHOOL BREAKFAST & LUNCH MENUS

			Thursday, September 1	Friday, September 2
	Revised on 09-01-2016	09-01-16 Last food Delivery until 19 September	Breakfast: Egg, Canadian, Bacon, cheese & English Muffin, Juice, Milk Lunch: Pulled Pork sliders, Pasta salad (cucumbers tomatoes, onions), Baked Beans, chips, Milk, watermelon	Breakfast: Breakfast Wrap, Juice, milk Lunch: Chicken noodle soup, crackers, Bologna, Cheese Sandwich, pickles chips, apple, cookie, Milk
	Monday, September 5	Tuesday, September 6	Wednesday, September 7	Thursday, September 8
No School Labor Day	Breakfast: Oatmeal, (brown sugar & raisins), milk, Toast, Butter Jelly Peanut butter, Juice Lunch: Chicken & stuffing casserole, carrots, fruit cocktail, Milk	Breakfast: Corn Beef Hash, Scrambled eggs, biscuit, pineapple, Milk Lunch: Scalloped Potatoes, Ham Slices, peas, bread, milk, Pineapple slices	Breakfast: Cold Cereal, Toast, banana, milk Lunch: Baked chicken, Tatar Tots, frozen green beans, fresh fruit, milk	Breakfast: French Toast, Syrup, Bacon, Milk, apple slices Lunch: Meat Loaf, Marconi & Cheese, steamed broccoli, milk, bread
Monday, September 12	Tuesday, September 13	Wednesday, September 14	Thursday, September 15	Friday, September 16
Breakfast: Cream of Wheat, Milk, Blueberry Muffin, fresh blueberries Lunch: Chicken Fettuccini, Salad, Bread sticks, Milk, apricots	Breakfast: Scrambled eggs w/diced ham, bagel, peaches, milk Lunch: Lasagna, Caesar Salad, Garlic Bread, watermelon, Milk NO MILK DELIVERY!	Breakfast: Cheese Omelet, Hash browns, Juice milk Lunch & Back to School Pow Wow: Chili, Crackers, dill pickles, jello & cookies, milk	NO SCHOOL NON-CONTACT DAY!	NO SCHOOL (Construction in kitchen)
Monday, September 19	Tuesday, September 20	Wednesday, September 21	Thursday, September 22	Friday, September 23
Breakfast: Coca Cream of Wheat, cinnamon roll, milk, diced pears Lunch: Hamburger, buns cheese, lettuce, tomato, Tatar tots, corn on the cob, Milk, dark cherries	Breakfast: Herbed Bacon & hash brown casserole, croissant, Juice, Milk, Toast Lunch: Baked Pork Chops, with mushroom gravy, rice, green beans, roll, milk, fried apples	Breakfast: Breakfast Burrito (eggs, sausage, cheese, tortilla) Lunch: Chicken drummies, Mashed Potatoes, gravy, corn on the cob, rolls, fresh fruit salad, milk	Breakfast: Cold Cereal, Toast, banana, milk Lunch: Polish Sausage, sour kraut, baked beans, pears, bread, milk	Breakfast: English Muffin (Canadian bacon, cheese, egg patty) Lunch: Fish Sandwich w/ cheese, lettuce, tartar sauce, FF, corn on the cob, plums, Milk
Monday, September 26	Tuesday, September 27	Wednesday, September 28	Thursday, September 29	Friday, September 30
No School for Students- Native Star Day for Staff Breakfast: Hash brown crust-ed Quiche, Juice & Coffee Lunch: Broccoli Cheese Soup & Ham Salad Sandwiches, carrot & celery sticks, Milk, Juice, Brownies	Breakfast: Fried Egg, Bacon, Toast, milk, juice Lunch: Broccoli, Cheese Rice & Chicken Casserole, roll, pineapple, milk	Breakfast: Cold Cereal, Toast, banana, milk Lunch: Pepperoni Pizza Casserole, Caesar Salad, Bread Sticks, Fresh Plums Milk	Breakfast: Blueberry pancakes, boiled egg, syrup, Milk Lunch: Chicken Pot Pie, Milk, apple crisp	Breakfast: Sausage gravy & biscuits, diced peaches, milk Lunch: Roast Beef, mashed potatoes, gravy, corn, roll, applesauce, Milk

September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month



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<http://childnutrition.ncpublicschools.gov>