

# [Insert Public School Unit] Breakfast Menus for July 2023

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| July 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 6 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 7 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| July 10 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 13 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 14 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| July 17 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 20 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 21 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| July 24 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 27 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| July 31 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |  |  |  |  |

## Families Making the Connection

### Bring the Farm to Summer

N.C. Summer Nutrition Programs offer free meals and educational enrichment to kids and teens when school is out. Find info at <https://summermeals4nckids.org>. Text FOOD or COMIDA to 304-304 to find summer meals near you.

#NCFarmtoSummer benefits kids, Summer Nutrition Programs, farms, families, and communities. N.C. Summer Nutrition Programs happen during the peak growing season for local farmers. This gives N.C. Summer Nutrition Program operators the opportunity to tap into locally sourced foods and include these ingredients in summer meals. Serving locally grown foods at their peak is best for quality, variety, taste, nutrition, and cost. Purchasing locally grown food supports farmers and communities. #NCFarmtoSummer activities offer a fun, engaging opportunity to learn about agriculture and nutrition.

N.C. Summer Nutrition Programs and families are encouraged to take the #NCFarmtoSummerChallenge and:

* Serve locally grown foods in meals and/or snacks.
* Learn and teach about locally grown foods, agriculture, and nutrition.
* Post about farm to summer activities. Tag @NCSchoolMeals and @Ray4NCKids on social media.
* Plan to participate in the #NCCrunch to taste and learn about North Carolina-grown fruits and vegetables for #FarmtoSchool Month in October.

You can join in the farm to summer fun! Buy, prepare, serve, and promote locally grown foods. Learn about and try growing local food. Find resources at <https://bit.ly/3EgqxA6>.



# [Insert Public School Unit] Lunch Menus for February 2023

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| July 3 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | July 4 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | July 5 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | July 6 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | July 7 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| July 10 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | July 11 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | July 12 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | July 13 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | July 14 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| July 17 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | July 18 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | July 19 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | July 20 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | July 21 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| July 24 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | July 25 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | July 26 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | July 27 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | July 28 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| July 31 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |  |  |  |  |

## Families Making the Connection

### Bring the Farm to Summer

N.C. Summer Nutrition Programs offer free meals and educational enrichment to kids and teens when school is out. Find info at <https://summermeals4nckids.org>. Text FOOD or COMIDA to 304-304 to find summer meals near you.

#NCFarmtoSummer benefits kids, Summer Nutrition Programs, farms, families, and communities. N.C. Summer Nutrition Programs happen during the peak growing season for local farmers. This gives N.C. Summer Nutrition Program operators the opportunity to tap into locally sourced foods and include these ingredients in summer meals. Serving locally grown foods at their peak is best for quality, variety, taste, nutrition, and cost. Purchasing locally grown food supports farmers and communities. #NCFarmtoSummer activities offer a fun, engaging opportunity to learn about agriculture and nutrition.

N.C. Summer Nutrition Programs and families are encouraged to take the #NCFarmtoSummerChallenge and:

* Serve locally grown foods in meals and/or snacks.
* Learn and teach about locally grown foods, agriculture, and nutrition.
* Post about farm to summer activities. Tag @NCSchoolMeals and @Ray4NCKids on social media.
* Plan to participate in the #NCCrunch to taste and learn about North Carolina-grown fruits and vegetables for #FarmtoSchool Month in October.

You can join in the farm to summer fun! Buy, prepare, serve, and promote locally grown foods. Learn about and try growing local food. Find resources at <https://bit.ly/3EgqxA6>.