

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

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  | June 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| June 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 6 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 7 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| June 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 13 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 14 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| June 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 20 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 21 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| June 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 27 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |

## Families Making the Connection

### Find Free Summer Meals for Kids and Teens

Hunger affects children’s ability to learn. It puts them at risk for illness and other health issues. One hungry child is one too many.

Many students depend on school meals. What happens when school is out? N.C. Summer Nutrition Programs help make sure that children can get the nutritious meals and educational enrichment they need to return to school ready to learn. All youth 18 and under can receive free summer meals. No registration or ID is required. N.C. Summer Nutrition Programs are available at schools, public housing centers, playgrounds, camps, parks, faith-based facilities, libraries, medical centers, and other locations.

Help make sure no child goes hungry. What can you do?

* Find nearby summer meals:
  + Text “FOODNC” to 304-304.
  + Call 1.866.3HUNGRY (1.866.348.6479) or 1.877.8HAMBRE(1.877.842.6273).
  + Visit <https://summermeals4nckids.org>.
* Ask an organization or congregation to host a N.C. Summer Nutrition Program. Find more info and resources at <https://summermeals4nckids.org>.
* Volunteer for a N.C. Summer Nutrition Program in your area. You might help by transporting food, setting up or cleaning up a site, or planning activities for the kids. Go to [www.serve.gov/endhunger](http://www.serve.gov/endhunger) to volunteer.
* Promote N.C. Summer Nutrition Programs.



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

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  | June 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 2 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| June 5 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 6 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 7 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 8 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 9 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| June 12 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 13 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 14 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 15 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 16 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| June 19 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 20 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 21 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 22 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 23 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| June 26 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 27 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 28 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 29 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 30 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |

## Families Making the Connection

### Find Free Summer Meals for Kids and Teens

Hunger affects children’s ability to learn. It puts them at risk for illness and other health issues. One hungry child is one too many.

Many students depend on school meals. What happens when school is out? N.C. Summer Nutrition Programs help make sure that children can get the nutritious meals and educational enrichment they need to return to school ready to learn. All youth 18 and under can receive free summer meals. No registration or ID is required. N.C. Summer Nutrition Programs are available at schools, public housing centers, playgrounds, camps, parks, faith-based facilities, libraries, medical centers, and other locations.

Help make sure no child goes hungry. What can you do?

* Find nearby summer meals:
  + Text “FOODNC” to 304-304.
  + Call 1.866.3HUNGRY (1.866.348.6479) or 1.877.8HAMBRE(1.877.842.6273).
  + Visit <https://summermeals4nckids.org>.
* Ask an organization or congregation to host a N.C. Summer Nutrition Program. Find more info and resources at <https://summermeals4nckids.org>.
* Volunteer for a N.C. Summer Nutrition Program in your area. You might help by transporting food, setting up or cleaning up a site, or planning activities for the kids. Go to [www.serve.gov/endhunger](http://www.serve.gov/endhunger) to volunteer.
* Promote N.C. Summer Nutrition Programs.