Photos of NC Farm to Summer activities


# [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 |  |  |  |  |

## Nutrition Byte

### Food, Fitness, Fun, and Farm to Summer!

Did you know N.C. Summer Nutrition Programs offer food, fitness, fun, and farm to summer for youth when school is out? Text FOOD or COMIDA to 304-304 to find summer meals near you. Or find info at [summermeals4nckids.org](https://summermeals4nckids.org).

#NCFarmtoSummer benefits youth, Summer Nutrition Programs, farms, families, and communities. N.C. Summer Nutrition Programs happen during the peak growing season for local farms. Serving locally grown foods at their peak offers the best quality, variety, taste, nutritional value, and cost. Purchasing locally grown food supports farmers and communities. #NCFarmtoSummer activities can be interactive and fun!

N.C. Summer Nutrition Programs, youth, 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.
* 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. **Nutrilink:** Find resources at <https://bit.ly/3EgqxA6>.

Photos of NC Farm to Summer activities


# [Insert Public School Unit] Lunch Menus for July 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 |
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