

# [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 |

## Nutrition Byte

### Find Free Summer Meals for Youth!

Many students depend on school meals. What happens when school is out? N.C. Summer Nutrition Programs help make sure kids and teens get the nutritious meals and fun educational activities they need to return to school ready to learn. All kids and teens 18 and under can receive free summer meals. No registration or ID is required.

In N.C., more than 1 in 4 kids is at risk of hunger. They may not have access to enough food or to healthy foods, such as fruits, veggies, whole grains, and low fat or fat free dairy. Hunger affects their ability to learn. It can also put them at risk for being sick and having health issues.

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 to host a Summer Nutrition Program. Find more info at <https://summermeals4nckids.org>.
* Volunteer for a N.C. Summer Nutrition Program in your area. For more info, go to [www.serve.gov/endhunger](http://www.serve.gov/endhunger).
* Promote N.C. Summer Nutrition Programs.

**Nutrilink:** Learn more at <https://summermeals4nckids.org>.



# [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 |
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