

# [Insert Public School Unit] Breakfast Menus for June 2026

| **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 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 5 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 10 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 12 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 17 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 19 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 24 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 26 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

When school is out, N.C. Summer Nutrition Programs provide

appealing, nutritious meals to kids and teens. Summer meal sites also offer educational enrichment and recreational activities to keep students learning, active, and safe. Summer Nutrition Programs support healthy growth and development and help students succeed in and out of the classroom.

All youth, 18 and under, can receive free summer meals.

N.C. Summer Nutrition Programs are available at schools, public housing centers, playgrounds, camps, parks, libraries,

faith-based facilities, medical centers, and other locations.

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

* Find nearby summer meals:
  + Call 1.866.3HUNGRY (1.866.348.6479) or 1.877.8HAMBRE(1.877.842.6273).
  + Visit [summermeals4nckids.org](https://summermeals4nckids.org).
* Ask an organization or congregation to host a N.C. Summer Nutrition Program. Find more info and resources at [summermeals4nckids.org](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.nc.gov/working/volunteer-opportunities/volunteernc](http://www.nc.gov/working/volunteer-opportunities/volunteernc) to volunteer.
* Promote N.C. Summer Nutrition Programs.

 **[Insert Public School Unit] Lunch Menus for June 2026**

| **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 3 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 4 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 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 10 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 11 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 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 17 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 18 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 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 24 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | June 25 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 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

When school is out, N.C. Summer Nutrition Programs provide

appealing, nutritious meals to kids and teens. Summer meal sites also offer educational enrichment and recreational activities to keep students learning, active, and safe. Summer Nutrition Programs support healthy growth and development and help students succeed in and out of the classroom.

All youth, 18 and under, can receive free summer meals.

N.C. Summer Nutrition Programs are available at schools, public housing centers, playgrounds, camps, parks, libraries, faith-based facilities, medical centers, and other locations.

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

* Find nearby summer meals:
  + Call 1.866.3HUNGRY (1.866.348.6479) or 1.877.8HAMBRE(1.877.842.6273).
  + Visit [summermeals4nckids.org](https://summermeals4nckids.org).
* Ask an organization or congregation to host a N.C. Summer Nutrition Program. Find more info and resources at [summermeals4nckids.org](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.nc.gov/working/volunteer-opportunities/volunteernc](http://www.nc.gov/working/volunteer-opportunities/volunteernc) to volunteer.
* Promote N.C. Summer Nutrition Programs.