

# [Insert Public School Unit] Breakfast Menus for August 2022

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| August 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| August 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 10 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| August 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 17 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| August 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 24 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| August 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | August 31 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |  |  |

## Nutrition Byte

### Enjoy School Meals!

Congress did not extend waivers to allow schools to continue to provide meals at no cost to all students this school year. Unless your school participates in the Community Eligibility Provision (CEP), school meals will not be available at no cost to all students for 2022-23. The N.C. General Assembly did provide funding to provide meals at no cost to students who qualify for reduced price school meals this school year.

All students can participate in school meal programs. Families can apply to see if they qualify for school meal benefits for their students. Ask your school about a meal application.

There are many benefits to school meals:

* Research shows that students who participate in school meal programs consume more whole grains, milk, fruits, and vegetables.
* Students who eat school meals have better attendance, more focus in class, and improved academic performance.
* School meals are a nutritious, convenient choice for families.
* Eating school meals supports local School Nutrition Programs, farmers, and communities.



# [Insert Public School Unit] Lunch Menus for August 2022

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| August 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | August 2 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | August 3 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | August 4 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | August 5 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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