

# [Insert Public School Unit] Breakfast Menus for June 2024

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| 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 6 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 7 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 13 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 14 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 119 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 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 27 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | June 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |

## Nutrition Byte

### Summer Meal Sites are the Place to Be!

Did you know? N.C. Summer Nutrition Programs offer:

* Appealing, nutritious meals
* Farm to summer connections to agriculture, nutrition, and local food
* Educational enrichment
* Fitness opportunities
* Fun!

At no-cost to kids and teens, ages 18 and younger.

N.C. Summer Nutrition Programs are the place to be! You can find summer meal sites at schools, parks & rec centers, summer camps, community parks, libraries, faith centers, and more locations near you.

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 [summermeals4nckids.org](https://summermeals4nckids.org).
* Ask an organization to host a Summer Nutrition Program. Find more info at [summermeals4nckids.org](https://summermeals4nckids.org).
* Volunteer for a N.C. Summer Nutrition Program in your area. For more info, go to [www.nc.gov/working/volunteer-opportunities/volunteernc](http://www.nc.gov/working/volunteer-opportunities/volunteernc).
* Promote N.C. Summer Nutrition Programs.

**Nutrilink:** Learn more at [summermeals4nckids.org](https://summermeals4nckids.org).



# [Insert Public School Unit] Lunch Menus for June 2024

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| 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 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 |
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