

# [Insert Public School Unit] Breakfast Menus for August 2023

| **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 7 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 14 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 21 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 28 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!

All public schools in North Carolina offer school lunch. Most also offer school breakfast. 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.

Many students and their families depend on school meals. School meals offer a variety of lean proteins, whole grains, fruits, vegetables, lowfat or fat free dairy and locally grown ingredients. School meals make a difference!

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.
* Participation in School Nutrition Programs supports social emotional learning.
* 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 2023

| **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 |
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