

# [Insert Public School Unit] Breakfast Menus for July 2025

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  | July 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| July 7 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 10 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| July 14 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 17 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| July 21 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 24 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| July 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | July 31 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |  |

## Nutrition Byte

### Food, Fitness, Fun, and Farm to Summer!

#NCFarmtoSummer benefits youth, School and Summer Nutrition Programs, schools, farms, families, and communities. Summer is peak growing season for local farms. Purchasing locally grown food supports farmers and communities. Serving locally grown foods at their peak offers the best quality, variety, taste, nutritional value, and cost. #NCFarmtoSummer activities can be interactive and fun!

N.C. School and Summer Nutrition Programs, schools,

community organizations, youth, and families are encouraged

to take the #NCFarmtoSummer Challenge:

* Serve and eat locally grown foods in meals and/or snacks.
* Learn and teach about locally grown foods, agriculture, and nutrition.
* Post or share about #NCFarmtoSummer activities.
* Plan to participate in the #NCCrunch to taste and learn about North Carolina-grown fruits and vegetables for #FarmtoSchool Month in October.

You can join in the farm to summer fun! Buy, prepare, serve, and promote locally grown foods. Learn about and try growing local food. **Nutrilink:** Find resources at <https://bit.ly/3I5noab>.

Did you know N.C. Summer Nutrition Programs offer food, fitness, fun, and farm to summer for youth when school is out? Text FOOD or COMIDA to 304-304 to find summer meals near you. **Nutrilink:** Find info at [summermeals4nckids.org](https://summermeals4nckids.org).



# [Insert Public School Unit] Lunch Menus for July 2025

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