

K-12 Breakfast Menus

June 2019

Families Making the Connection


Child Hunger Does Not Take a Summer Vacation

Across the nation 1 in 5 children struggle with food insecurity, not knowing when and where their next meal is coming from. More than 1 in 4 North Carolina kids is at risk of hunger. These kids may not have access to enough food or to healthy foods, such as fruits and vegetables. Hunger affects children's ability to learn. It puts them at risk for illness and other health issues. Learn more at <http://nc.nokidhungry.org>.

Many students depend on school meals. What happens when school is out? N.C. Summer Nutrition Programs help make sure that children can get the nutritious meals they need. All children 18 and under can receive free summer meals. No registration or ID is required.

What can you do?

- Find nearby summer meals:
 1. Text "FOODNC" to 877-877.
 2. Call 1.866.3HUNGRY (1.866.348.6479) or 1.877.8HAMBRE(1.877.842.6273).
 3. Visit www.fns.usda.gov/summerfoodrocks.
- Ask an organization or congregation to host a Summer Nutrition Program. Find more info at <http://childnutrition.ncpublicschools.gov/programs/summer-nutrition-opportunities>.
- Volunteer for a N.C. Summer Nutrition Program in your area. You might help by transporting food or setting up or cleaning up a site. You could plan educational or recreational activities for the children. Go to www.serve.gov/endlunger to volunteer.
- Promote N.C. Summer Nutrition Programs.

Monday, June 3	Tuesday, June 4	Wednesday, June 5	Thursday, June 6	Friday, June 7
				
Blueberry Muffin Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	French Toast Sticks w/ Syrup Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	Pop-Tart, 2 ct Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	WG Breakfast Pizza Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	Assorted WG Cereals Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk
Monday, June 10	Tuesday, June 11	Wednesday, June 12	Thursday, June 13	Friday, June 14
WG Cinnamon Roll Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	French Toast Sticks w/ Syrup Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	Turkey Sausage Biscuit Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	WG Breakfast Pizza Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	Assorted WG Cereals Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk
Monday, June 17	Tuesday, June 18	Wednesday, June 19	Thursday, June 20	Friday, June 21
Monday, June 24	Tuesday, June 25	Wednesday, June 26	Thursday, June 27	Friday, June 28

June

- National Dairy Month
- National Eat Your Vegetables Day
- National Fresh Fruit and Vegetable Month



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>

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