

Summer Breakfast Menu 2024 (Menus are subject to change based on product availability)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Manager's Choice Muffin Fruit Juice Choice of Milk</p>	<p>Pancake & Sausage Bites Fruit Juice Choice of Milk</p>	<p>Manager's Choice Sweetbread Fruit Juice Choice of Milk</p>	<p>Mini Pancakes OR Mini Waffles OR Mini French Toast Fruit Juice Choice of Milk</p>	<p>Pancake & Sausage Bites Fruit Juice Choice of Milk</p>

Nutrition Byte

Find Free Summer Meals for Youth!

Many students depend on school meals. What happens when school is out? N.C. Summer Nutrition Programs help make sure kids and teens get the nutritious meals and fun educational activities they need to return to school ready to learn. All kids and teens 18 and under can receive free summer meals. No registration or ID is required.

In N.C., more than 1 in 4 kids is at risk of hunger. They may not have access to enough food or to healthy foods, such as fruits, veggies, whole grains, and low fat or fat free dairy. Hunger affects their ability to learn. It can also put them at risk for being sick and having health issues.

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 <https://summermeals4nckids.org>.
- Ask an organization to host a Summer Nutrition Program. Find more info at <https://summermeals4nckids.org>.
- Volunteer for a N.C. Summer Nutrition Program in your area. For more info, go to www.serve.gov/endhunger.
- Promote N.C. Summer Nutrition Programs.

Nutrilink: Learn more at <https://summermeals4nckids.org>.

**Youth Eat Free
This Summer**



North Carolina Department of
PUBLIC INSTRUCTION

Text "FOOD" to
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summermeals4nckids.org

Lunch Menus for June & July 2024 (Menus are subject to change based on product availability)

Monday	Tuesday	Wednesday	Thursday	Friday
	June 11 Corndog Baked Beans Mixed Berry Cup Choice of Milk	June 12 Flatbread Triangles Shredded Mozzarella Cheese Pepperoni Slices Marinara Dipping Cup Fresh Broccoli Florets Ranch Dipping Cup Raisins or Craisins Choice of Milk	June 13 Ham & Cheese Sandwich or Wrap Baby Carrots Ranch Dipping Cup Fresh Apple Choice of Milk	June 14 Pizza Kernel Corn Peach Cup Choice of Milk
June 17 Cheeseburger Ketchup, Mayo, Mustard Crinkle Fries Sliced Pears Choice of Milk	June 18 Corndog Baked Beans Mixed Berry Cup Choice of Milk	June 19 Flatbread Triangles Shredded Mozzarella Cheese Pepperoni Slices Marinara Dipping Cup Fresh Broccoli Florets Ranch Dipping Cup Raisins or Craisins Choice of Milk	June 20 Ham & Cheese Sandwich or Wrap Baby Carrots Ranch Dipping Cup Fresh Apple Choice of Milk	June 21 Pizza Kernel Corn Peach Cup Choice of Milk
June 24 Cheeseburger Ketchup, Mayo, Mustard Crinkle Fries Sliced Pears Choice of Milk	June 25 Corndog Baked Beans Mixed Berry Cup Choice of Milk	June 26 Flatbread Triangles Shredded Mozzarella Cheese Pepperoni Slices Marinara Dipping Cup Fresh Broccoli Florets Ranch Dipping Cup Raisins or Craisins Choice of Milk	June 27 Ham & Cheese Sandwich or Wrap Baby Carrots Ranch Dipping Cup Fresh Apple Choice of Milk	June 28 Pizza Kernel Corn Peach Cup Choice of Milk
July 1 Cheeseburger Ketchup, Mayo, Mustard Crinkle Fries Sliced Pears Choice of Milk	July 2 Corndog Baked Beans Mixed Berry Cup Choice of Milk	July 3 Flatbread Triangles Shredded Mozzarella Cheese Pepperoni Slices Marinara Dipping Cup Fresh Broccoli Florets Ranch Dipping Cup Raisins or Craisins Choice of Milk	July 4 All Summer Feeding Sites Closed 	July 5 Pizza Kernel Corn Peach Cup Choice of Milk
July 8 Cheeseburger Ketchup, Mayo, Mustard Crinkle Fries Sliced Pears Choice of Milk	July 9 Corndog Baked Beans Mixed Berry Cup Choice of Milk	July 10 Flatbread Triangles Shredded Mozzarella Cheese Pepperoni Slices Marinara Dipping Cup Fresh Broccoli Florets Ranch Dipping Cup Raisins or Craisins Choice of Milk	July 11 Ham & Cheese Sandwich or Wrap Baby Carrots Ranch Dipping Cup Fresh Apple Choice of Milk	July 12 Pizza Kernel Corn Peach Cup Choice of Milk
July 15 Cheeseburger Ketchup, Mayo, Mustard Crinkle Fries Sliced Pears Choice of Milk	July 16 Corndog Baked Beans Mixed Berry Cup Choice of Milk	July 17 Flatbread Triangles Shredded Mozzarella Cheese Pepperoni Slices Marinara Dipping Cup Fresh Broccoli Florets Ranch Dipping Cup Raisins or Craisins Choice of Milk	July 18 Ham & Cheese Sandwich or Wrap Baby Carrots Ranch Dipping Cup Fresh Apple Choice of Milk	July 19 Pizza Kernel Corn Peach Cup Choice of Milk
July 22 Cheeseburger Ketchup, Mayo, Mustard Crinkle Fries Sliced Pears Choice of Milk	July 23 Corndog Baked Beans Mixed Berry Cup Choice of Milk	July 24 Flatbread Triangles Shredded Mozzarella Cheese Pepperoni Slices Marinara Dipping Cup Fresh Broccoli Florets Ranch Dipping Cup Raisins or Craisins Choice of Milk	July 25 Ham & Cheese Sandwich or Wrap Baby Carrots Ranch Dipping Cup Fresh Apple Choice of Milk	July 26 Pizza Kernel Corn Peach Cup Choice of Milk