

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.

Menus for June 2018

			Friday, June 1	
			Sausage Biscuit Chilled Mixed Fruit Cheese Pizza Pepperoni Pizza Green Beans Sweet Potato Fries Chilled Pears	
Monday, June 4	Tuesday, June 5	Wednesday, June 6	Thursday, June 7	Friday, June 8
Manager's Choice	Manager's Choice	Chicken Biscuit Chilled Mixed Fruit Chicken Fajita w/Tortilla Wrap Steamed Collards Candied Yams Black-eye Peas Chilled Applesauce	Sausage Biscuit Chilled Peaches Chicken Nuggets w/WG Roll Mashed Potatoes Seasoned Green Peas Chilled Pears	Blueberry Pop Tart Chilled Tropical Fruit Cheese Pizza Pepperoni Pizza Whole Kernel Corn Green Beans Chilled Peaches
Monday, June 11	Tuesday, June 12	Wednesday, June 13	Thursday, June 14	Friday, June 15
Summer Break Begins				
Monday, June 18	Tuesday, June 19	Wednesday, June 20	Thursday, June 21	Friday, June 22
Monday, June 25	Tuesday, June 26	Wednesday, June 27	Thursday, June 28	Friday, June 29

Food Allergy Disclaimer: Please be aware that Child Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary and we are not able to guarantee that any food item will be completely free of food allergens.



Daily Breakfast Offerings
Whole Grain Cereal & Grahams or PopTart
100% Fruit Juice
Unflavored & Flavored Skim Milk and
Unflavored 1% Milk

Daily Lunch Offerings
Chef Salads on Mondays, Tuesdays,
and Wednesdays
Unflavored & Flavored Skim Milk and
Unflavored 1% Milk