

## Food Bytes

### *Child Hunger Does Not Take a Summer Vacation*

Across the U.S., 1 in 5 kids does not know when and where their next meal is coming from. In N.C., more than 1 in 4 kids is at risk of hunger. These kids may not have access to enough food or to healthy foods, such as fruits and veggies. Hunger affects kid's ability to learn. It can also put kids at risk for being sick and having 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 kids get the nutritious meals they need. All kids 18 and under can receive free summer meals. No registration or ID is required.

What can you do?

- Find nearby summer meals:
  - Text "FOODNC" to 877-877
  - Call 1.866.3HUNGRY (1.866.348.6479) or 1.877.8HAMBRE( 1.877.842.6273)
  - Visit [www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks)
- Ask an organization to host a Summer Nutrition Program. Find more info at <http://childnutrition.ncpublicschools.gov/programs/summer-nutrition-opportunities>.
- Ask an organization to host a N.C. Summer Nutrition Program. To learn more, visit [www.whyhunger.org/findfood](http://www.whyhunger.org/findfood).
- Volunteer for a N.C. Summer Nutrition

## Breakfast Menu for June 2019

Middle & High School

				
Monday, June 3	Tuesday, June 4	Wednesday, June 5	Thursday, June 6	Friday, June 7
Breakfast Pizza or Mini Waffles Diced Peaches Juice Milk	Mini Pancakes or Breakfast Burrito Potato Rounds Fresh Fruit Juice Milk	Turkey Ham & Cheese Slider or Pancake Sausage Stick Mixed Fruit Juice Milk	Chicken Biscuit or Breakfast Pizza Fresh Fruit Juice Milk	Sausage & Cheese Biscuit Or Grits w/ Scrambled Eggs & Bacon Diced Pears Juice Milk
Monday, June 10	Tuesday, June 11	Wednesday, June 12	Thursday, June 13	Friday, June 14
Breakfast Pizza or Mini Pancakes Diced Pears Juice Milk	Chicken & Waffle or Smoothie Fresh Fruit Juice Milk	Mini Waffles or Chicken Biscuit Diced Peaches Juice Milk	Pancake Sausage Stick or Breakfast Pizza Fresh Fruit Juice, Milk Milk	MANAGER'S CHOICE
Monday, June 17	Tuesday, June 18	Wednesday, June 19	Thursday, June 20	Friday, June 21
MANAGER'S CHOICE	MANAGER'S CHOICE	MANAGER'S CHOICE		
<p><i>From June 24 through August 9, New Hanover County Schools will be serving delicious Breakfasts and Lunches at various locations Monday –Friday. For information on serving Times and locations check our website at <a href="http://www.nhcs.net/nutrition">www.nhcs.net/nutrition</a> or call 910-254-4296. The Summer Food Service Program is a federally funded program which provides nutritious Meals, at not cost, for children 18 year and younger.</i></p>				

## June

- National Fresh Fruit and Vegetable Month

Sources: <http://nc.nokidhungry.org>, <http://childnutrition.ncpublicschools.gov>



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