

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
- 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.
- Volunteer for a N.C. Summer Nutrition

Breakfast Menu for June 2019

Elem, Pre-K, CRA Mosley

				
Monday, June 3	Tuesday, June 4	Wednesday, June 5	Thursday, June 6	Friday, June 7
<u>Breakfast Pizza</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Diced Peaches</u> Juice Milk	<u>Mini Pancakes</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice Milk	<u>Yogurt w/ Cereal Bar</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Mixed Fruit</u> Juice Milk	<u>Chicken Biscuit</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice Milk	Sausage Cheese Biscuit or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Diced Pears</u> Juice Milk
Monday, June 10	Tuesday, June 11	Wednesday, June 12	Thursday, June 13	Friday, June 14
<u>Breakfast Pizza</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Diced Pears</u> Juice Milk	<u>Chicken & Waffle</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice Milk	<u>Mini Waffles</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Diced Peaches</u> Juice Milk	<u>Pancake Sausage Stick</u> or Variety of Cereal, Cereal Bars, Pop Tarts, Muffins <u>Fresh Fruit</u> Juice 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 www.nhcs.net/nutrition 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>