

THE POINT COLLEGE PREPARATORY LEADERSHIP ACADEMY K-8 JUNE LUNCH MENU

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.

				Friday, June 1
				PIZZA ROMAINE SALAD MIX W/ RANCH ORANGES LOW FAT OR SKIM MILK
Monday, June 4	Tuesday, June 5	Wednesday, June 6	Thursday, June 7	Friday, June 8
CHICKEN FILLET SANDWICH YELLOW CORN ORANGES LOW FAT OR SKIM MILK	MEATBALLS W/GRAVY W/G ROLL MASHED POTATOES ORANGES LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL GREEN BEANS ORANGES LOW FAT OR SKIM MILK	CHICKEN FAJITAS W/SALSA W/W FAJITAS SHREDDED LETTUCE BLACK BEANS FRUIT COCKTAIL LOW FAT OR SKIM MILK	PIZZA ROMAINE SALAD MIX W/ RANCH ORANGES LOW FAT OR SKIM MILK
Monday, June 11	Tuesday, June 12	Wednesday, June 13	Thursday, June 14	Friday, June 15
TACO SALAD W/NACHO CHEESE W/G TORTILLA CHIPS SHREDDED LETTUCE YELLOW CORN FRUIT COCKTAIL LOW FAT OR SKIM MILK	BAKED SPAGHETTI GREEN BEANS ORANGES LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL MASHED POTATOES DICED PEACHES LOW FAT OR SKIM MILK	CHICKEN NUGGETS W/G DINNER ROLL FRESH CARROTS W/RANCH DIP ORANGES LOW FAT OR SKIM MILK	(EARLY RELEASE) PIZZA ROMAINE SALAD MIX W/ RANCH ORANGES LOW FAT OR SKIM MILK
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

June

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