

THE POINT COLLEGE PREPARATORY LEADERSHIP ACADEMY 9-11 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](http://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](http://www.serve.gov/endlunger) to volunteer.
- Promote N.C. Summer Nutrition Programs.

				Friday, June 1
				PIZZA  ROMAINE SALAD MIX W/ RANCH ORANGES FRESH FRUIT  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 GREEN PEAS ORANGES APPLESAUCE  LOW FAT OR SKIM MILK	MEATBALLS W/GRAVY W/G ROLL  MASHED POTATOES BROCCOLI ORANGES  LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL  GREEN BEANS YELLOW CORN ORANGES APPLES  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 FRESH FRUIT  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 ORANGES  LOW FAT OR SKIM MILK	BAKED SPAGHETTI  GREEN BEANS DICED TOMATOES ORANGES FROZEN FRUIT CUPS  LOW FAT OR SKIM MILK	FRIED CHICKEN W/G ROLL  MASHED POTATOES YELLOW CORN DICED PEACHES ORANGES  LOW FAT OR SKIM MILK	CHICKEN NUGGETS W/G DINNER ROLL  FRESH CARROTS W/RANCH DIP GREEN BEANS ORANGES  LOW FAT OR SKIM MILK	PIZZA  ROMAINE SALAD MIX W/ RANCH ORANGES FRESH FRUIT  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