

THE POINT COLLEGE PREPARATORY LEADERSHIP ACADEMY K-12 BREAKFAST 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
				W/G CINNAMON TOAST CRUNCH BARS FRESH FRUIT LOW FAT OR SKIM MILK
Monday, June 4	Tuesday, June 5	Wednesday, June 6	Thursday, June 7	Friday, June 8
W/G PANCAKES W/SYRUP SAUSAGE LINKS FRUIT COCKTAIL ORANGES LOW FAT OR SKIM MILK	W/G OATS & HONEY BARS W/G GOLDFISH GRAHAMS 100% JUICE LOW FAT OR SKIM MILK	W/G BREAKFAST BURRITO FRESH FRUIT LOW FAT OR SKIM MILK	W/G DANISHES 100% JUICE LOW FAT OR SKIM MILK	APPLE CINNAMON OATS W/G GOLDFISH GRAHAMS FRESH FRUIT LOW FAT OR SKIM MILK
Monday, June 11	Tuesday, June 12	Wednesday, June 13	Thursday, June 14	Friday, June 15
W/G BLUEBERRY MUFFINS APPLESAUCE ORANGES LOW FAT OR SKIM MILK	W/G DANISHES 100% JUICE LOW FAT OR SKIM MILK	W/G NUTRI GRAIN BARS FRESH FRUIT LOW FAT OR SKIM MILK	W/G CINNAMON TOAST CRUNCH BARS 100% JUICE LOW FAT OR SKIM MILK	(EARLY RELEASE) FROSTED FLAKES W/G GRAHAM CRACKERS 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