

# Lunch Menu for June 2018

## 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/endhunger](http://www.serve.gov/endhunger) to volunteer.
- Promote N.C. Summer Nutrition Programs.

				Friday, June 1
			A variety of unflavored and flavored skim and 1% unflavored milks are served daily.	
Monday, June 4	Tuesday, June 5	Wednesday, June 6	Thursday, June 7	Friday, June 8
Lasagna Broccoli w/ Cheese Garden Salad Diced Peaches Milk	Chicken Tenders Red Skinned Mashed Potatoes California Vegetables Fresh Fruit Milk	Fish Sticks w/ Hushpuppies Glazed Carrots Garden Salad Frozen Fruit Cup Milk	Cheeseburger Great Northern Beans Tater tots Fresh Fruit Milk	Cheesy Breadsticks Corn Garden Salad Mixed Fruit Milk
Monday, June 11	Tuesday, June 12	Wednesday, June 13	Thursday, June 14	Friday, June 15
		<b><i>From June 19- August 10, New Hanover County Schools will be serving delicious hot &amp; cold meals 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; Stephanie Smith at 254-4296. The Summer Food Service Program is a federally funded program designed to provide nutritious meals at no cost for children 18 years and under.</i></b>		
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