

Families Making the Connection

Bring the Farm to Summer

N.C. Summer Nutrition Programs happen during the peak growing season for local farmers. This gives program operators the opportunity to tap into locally sourced foods and include these ingredients in summer meals. Did you know four of our N.C. Summer Nutrition Programs were recently recognized for efforts to serve and teach about locally grown food with summer meals? Elizabeth-City Pasquotank Schools (Gold), Halifax County Schools (Gold), Brunswick County Schools (Silver) and Union County Public Schools (Silver) received State Turnip the Beet Awards.

July 17-23 is N.C. Farm to Summer Week. N.C. Summer Nutrition Programs are encouraged to *Take the N.C. Farm to Summer Challenge* and:

- Serve locally grown foods in meals and snacks.
- Teach about locally grown foods.
- Post about farm to summer activities.
- Plan to join the N.C. Crunch for Farm to School Month in October.

You can join in the farm to summer fun! Check out free summer meals for kids. Text FOOD or COMIDA to 304-304 to find summer meals near you. Buy, prepare, serve and promote locally grown foods. Learn about and try growing local food. Find resources at <https://bit.ly/3EgqxA6>.

Bfast Menus for July 2022

				Friday, July 1
				
Monday, July 4	Tuesday, July 5	Wednesday, July 6	Thursday, July 7	Friday, July 8
		RTA Teacher Workday	RTA Teacher Workday	
Monday, July 11	Tuesday, July 12	Wednesday, July 13	Thursday, July 14	Friday, July 15
Breakfast Pancake on Stick Grape Juice Applesauce Cup Milk	Banana Muffin Apple Juice Raisins Milk	Blueberry Waffle Orange Juice Applesauce Cup Milk	Poptart Grape Juice Raisins Milk	
Monday, July 18	Tuesday, July 19	Wednesday, July 20	Thursday, July 21	Friday, July 22
Blueberry Muffin Apple Juice Applesauce Cup Milk	Confetti Pancakes Orange Juice Raisins Milk	Buttermilk Chicken Biscuit Grape Juice Applesauce Cup Milk	Eggoji Waffle Apple Juice Raisins Milk	
Monday, July 25	Tuesday, July 26	Wednesday, July 27	Thursday, July 28	Friday, July 29
Breakfast Pancake on Stick Grape Juice Applesauce Cup Milk	Banana Muffin Apple Juice Raisins Milk	Blueberry Waffle Orange Juice Applesauce Cup Milk	Poptart Grape Juice Raisins Milk	RTA Teacher Workday

[Insert name of Local Education Agency] Elementary Schools



North Carolina Department of
PUBLIC INSTRUCTION

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<https://www.dpi.nc.gov/districts-schools/district-operational/school-nutrition>