

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>.

Lunch Menu for July 2022

				Friday, July 1
				
Monday, July 4	Tuesday, July 5	Wednesday, July 6	Thursday, July 7	Friday, July 8
		RTA Work Day	RTA Work Day	
Monday, July 11	Tuesday, July 12	Wednesday, July 13	Thursday, July 14	Friday, July 15
BBQ Pork Rib Patty on Bun Buttery Green Sweet Peas Buttery Corn Raisins Milk	Chicken Nuggets w/ Dinner Roll California Veggies Baked Beans Pineapple Milk	Chicken Sandwich Buttery Green Beans Steamed Carrots Mixed Fruit Cup Milk	Pizza Potato Tots Buttery Green Sweet Peas Blueberry Cup Milk	
Monday, July 18	Tuesday, July 19	Wednesday, July 20	Thursday, July 21	Friday, July 22
Chicken Sandwich Buttery Green Beans Buttery Corn Applesauce Cup Milk	Hot dog with chili French Fries California Veggies Sliced Peaches Milk	Pork BBQ Sandwich Baked Beans Green Beans Baked Apples Milk	Cheeseburger Buttery Corn Buttery Green Sweet Peas Cherry Cup Milk	
Monday, July 25	Tuesday, July 26	Wednesday, July 27	Thursday, July 28	Friday, July 29
BBQ Pork Rib Patty on Bun Buttery Green Sweet Peas Buttery Corn Raisins Milk	Chicken Nuggets w/ Dinner Roll California Veggies Baked Beans Pineapple Milk	Chicken Sandwich Buttery Green Beans Buttery Corn Mixed Fruit Cup Milk	Pizza Potato Tots Buttery Green Sweet Peas Blueberry Cup Milk	RTA workday

Onslow County Schools



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