



Here comes the SUN

North Carolina Summer Meals

The College Preparatory & Leadership Breakfast Menus for June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
June 1 GRITS w/butter BACON STRIPS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	June 2 ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	June 3 GRITS w/butter TURKEY SAUSAGE MANDARIN ORANGES 100% JUICE Lowfat or Fat Free Milk	June 4 WAFFLES w/ syrup SAUSAGE LINKS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	June 5 YOPLAIT YOGURTS GRAHAM CRACKERS DICED PEARS 100% JUICE Lowfat or Fat Free Milk
June 8 PANCAKES w/syrup BACON STRIPS MIXED FRUIT 100% JUICE Lowfat or Fat Free Milk	June 9 LAST DAY OF SCHOOL ASSORTED CEREAL SCOOPY SNACKS PINEAPPLE TIDBITS 100% JUICE Low fat or Fat Free Milk	June 10	June 11	June 12
June 15	June 16	June 17	June 18	June 19
June 22	June 23	June 24	June 25	June 26
June 29	June 30			

Nutrition Byte

Find a Summer Meal Site - the Place to Be!

Did you know? N.C. Summer Nutrition Programs offer:

- Appealing, nutritious meals
- Farm to summer connections to agriculture, nutrition, and local food
- Educational enrichment
- Fitness opportunities
- Fun!

At no-cost to youth, ages 18 and younger!

N.C. Summer Nutrition Programs are the place to be! You can find summer meal sites at schools, parks & rec centers, summer camps, community parks, libraries, faith centers, and more locations near you.

What can you do?

- Find nearby summer meals:
 - Call 1.866.3HUNGRY (1.866.348.6479) or 1.877.8HAMBRE (1.877.842.6273).
 - Visit summermeals4nckids.org.
- Ask an organization to host a Summer Nutrition Program. Find more info at summermeals4nckids.org.
- Volunteer for a N.C. Summer Nutrition Program in your area. For more info, go to www.nc.gov/working/volunteer-opportunities/volunteernc.
- Promote N.C. Summer Nutrition Programs.

Nutrilink: Learn more at summermeals4nckids.org.



Here comes the SUN

North Carolina Summer Meals

The College Preparatory & Leadership Academy 9-12 Lunch Menus for June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
June 1 PIZZA (cheese /pepperoni) ROMAINE SALAD MIX Cucumbers /tomatoes PINEAPPLE TIDBITS Low fat or Fat Free Milk	June 2 FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES GREEN BEANS DICED PEACHES Low fat or Fat Free Milk	June 3 CHICKEN SANDWHICH W/W HAMBURGER BUN YELLOW CORN APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	June 4 TACO SALAD W/W TORTILLA CHIPS PINTO BEANS DICED PEARS FRESH FRUIT Low fat or Fat Free Milk	June 5 TURKEY & CHEESE SUB W/W HOAGIE BUN Shredded lettuce/tomatoes BAKED CHIPS MANDARIN ORANGES FRESH FRUIT Lowfat or Fat Free Milk
June 8 PIZZA (cheese /pepperoni) ROMAINE SALAD MIX Cucumbers /tomatoes PINEAPPLE TIDBITS Low fat or Fat Free Milk	June 9 LAST DAY OF SCHOOL CHICKEN SANDWHICH POTATO WEDGES PINEAPPLE TIDBITS Lowfat or Fat Free Milk	June 10	June 11	June 12
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