



# Here comes the **SUN**

## North Carolina Summer Meals

### The College Preparatory & Leadership Academy K-12 Breakfast Menus for June 2026

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

## Families Making the Connection

### Find Free Summer Meals for Kids and Teens

When school is out, N.C. Summer Nutrition Programs provide appealing, nutritious meals to kids and teens. Summer meal sites also offer educational enrichment and recreational activities to keep students learning, active, and safe. Summer Nutrition Programs support healthy growth and development and help students succeed in and out of the classroom.

All youth, 18 and under, can receive free summer meals. N.C. Summer Nutrition Programs are available at schools, public housing centers, playgrounds, camps, parks, libraries, faith-based facilities, medical centers, and other locations.

Help make sure no child goes hungry. 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](https://summermeals4nckids.org).
- Ask an organization or congregation to host a N.C. Summer Nutrition Program. Find more info and resources at [summermeals4nckids.org](https://summermeals4nckids.org).
- Volunteer for a N.C. Summer Nutrition Program in your area. You might help by transporting food, setting up or cleaning up a site, or planning activities for the kids. Go to [www.nc.gov/working/volunteer-opportunities/volunteernc](https://www.nc.gov/working/volunteer-opportunities/volunteernc) to volunteer.
- Promote N.C. Summer Nutrition Programs.



# Here comes the SUN

## North Carolina Summer Meals

### The College Preparatory & Leadership Academy K-8 Lunch Menus for June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>June 1</b> PIZZA (cheese /pepperoni) ROMAINE SALAD MIX Cucumbers /tomatoes PINEAPPLE TIDBITS Low fat or Fat Free Milk	<b>June 2</b> FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES GREEN BEANS DICED PEACHES Low fat or Fat Free Milk	<b>June 3</b> CHICKEN SANDWHICH W/W HAMBURGER BUN YELLOW CORN APPLESAUCE Lowfat or Fat Free Milk	<b>June 4</b> TACO SALAD W/W TORTILLA CHIPS PINTO BEANS DICED PEARS Low fat or Fat Free Milk	<b>June 5</b> TURKEY & CHEESE SUB W/W HOAGIE BUN Shredded lettuce/tomatoes BAKED CHIPS MANDARIN ORANGES Lowfat or Fat Free Milk
<b>June 8</b> PIZZA (cheese /pepperoni) ROMAINE SALAD MIX Cucumbers /tomatoes PINEAPPLE TIDBITS Low fat or Fat Free Milk	<b>June 9</b> <b>LAST DAY OF SCHOOL</b> CHICKEN SANDWHICH POTATO WEDGES PINEAPPLE TIDBITS Lowfat or Fat Free Milk	<b>June 10</b>	<b>June 11</b>	<b>June 12</b>
<b>June 15</b>	<b>June 16</b>	<b>June 17</b>	<b>June 18</b>	<b>June 19</b>
<b>June 22</b>	<b>June 23</b>	<b>June 24</b>	<b>June 25</b>	<b>June 26</b>
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