



Columbus County Schools Pre-K, Elementary, & Middle School Lunch Menus for June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Menus subject to change due to availability	Lunch includes choice of low-fat or fat-free milk.			
June 3	June 4	June 5	June 6	June 7
Cheese Pizza Pepperoni Pizza Sliced Carrots Potato Wedges Mixed Fruit Cup	Hot Dog w/Chili Fish Sticks w/Corn Muffin Baked Beans Manager's Choice Vegetable Peach Cup	Chicken Nuggets w/Roll Manager's Choice Entrée Green Beans Manager's Choice Vegetable Fruit Choice	Spaghetti w/Garlic Knot Manager's Choice Entrée Steamed Broccoli Manager's Choice Vegetable Fruit Choice	Cheeseburger on Bun Manager's Choice Entrée Sweet Potato Fries Manager's Choice Vegetable Fruit Choice

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, faith-based facilities, libraries, medical centers, and other locations.

Help make sure no child goes hungry. What can you do?

- Find nearby summer meals:
 - Text "FOODNC" to 304-304.
 - Call 1.866.3HUNGRY (1.866.348.6479) or 1.877.8HAMBRE(1.877.842.6273).
 - Visit <https://summermeals4nckids.org>.
- Ask an organization or congregation to host a N.C. Summer Nutrition Program. Find more info and resources at <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.serve.gov/endhunger to volunteer.
- Promote N.C. Summer Nutrition Programs.

This institution is an equal opportunity provider.

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



Columbus County Schools High School Lunch Menus for June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Menus subject to change due to availability.	Lunch includes choice of low-fat or fat-free milk.			
June 3 Cheese Pizza Pepperoni Pizza Sliced Carrots Potato Wedges Marinara Sauce Cup Mixed Fruit Cup Fruit Choice	June 4 Hot Dog w/Chili Fish Sticks w/Corn Muffin Baked Beans Manager's Choice Vegetable Peach Cup Fruit Choice	June 5 Chicken Chunks w/Roll Manager's Choice Entrée Green Beans Manager's Choice Vegetable Fresh Fruit Fruit Choice	June 6 Spaghetti w/ Garlic Knot Manager's Choice Entrée Steamed Broccoli Manager's Choice Vegetable Chilled Fruit Fruit Choice	June 7 Bacon Cheeseburger Manager's Choice Entrée Sweet Potato Fries Manager's Choice Vegetable Fresh Fruit Fruit Choice

Nutrition Byte

Summer Meal Sites are 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 kids and teens, 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.

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- 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



East Columbus Junior-Senior HS Lunch Menus for June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Menus subject to change due to availability.	Lunch includes choice of low-fat or fat-free milk.			
June 3 Hot Dog w/Chili Fish Sticks w/Corn Muffin Baked Beans Manager's Choice Vegetable Peach Cup Fruit Choice	June 4 Cheese Pizza Pepperoni Pizza Sliced Carrots Potato Wedges Marinara Sauce Cup Mixed Fruit Cup Fruit Choice	June 5 Chicken Chunks w/Roll Manager's Choice Entrée Green Beans Manager's Choice Vegetable Fresh Fruit Fruit Choice	June 6 Spaghetti w/ Garlic Knot Manager's Choice Entrée Steamed Broccoli Manager's Choice Vegetable Chilled Fruit Fruit Choice	June 7 Bacon Cheeseburger Manager's Choice Entrée Sweet Potato Fries Manager's Choice Vegetable Fresh Fruit Fruit Choice

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Nutrilink: Learn more at summermeals4nckids.org



Destination Summer

Columbus County Schools K-12 Breakfast Menus for June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Menus subject to change due to availability.	Breakfast includes choice of low-fat or fat-free milk.			
June 3	June 4	June 5	June 6	June 7
Chicken Biscuit Peach Cup 100% Fruit Juice	Banana Bread Slice Mixed Berry Cup 100% Fruit Juice	Turkey Ham & Cheese on Croissant Mandarin Orange Cup 100% Fruit Juice	Manager's Choice Entrée Fruit Choice 100% Fruit Juice	Manager's Choice Entrée Fruit Choice 100% Fruit Juice

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Columbus County Schools Pre-K Breakfast Menus for June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
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June 3	June 4	June 5	June 6	June 7
Chicken Biscuit Peach Cup Cold Milk	Banana Bread Slice Mixed Berry Cup Cold Milk	Turkey Ham & Cheese on Croissant Mandarin Orange Cup Cold Milk	Manager's Choice Entrée Fruit Choice Cold Milk	Manager's Choice Entrée Fruit Choice Cold Milk

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Columbus County Schools Pre-K Snack Menus for June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
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June 3	June 4	June 5	June 6	June 7
Cheez-It Crackers (wg) Cold Milk	Mandarin Orange Cup Cold Milk	Pretzels (wg) Cold Milk	Applesauce Cup Cold Milk	Goldfish (wg) Cold Milk

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