



## Orange County Schools Hillsborough ES Snack Menu for August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to change.	wg = whole grain rich		August 1	August 2
			Cheez-It Crackers (wg) Fruit Choice	Pretzels (wg) 100% Fruit Juice
August 5	August 6	August 7	August 8	August 9
Snack Crackers (wg) Fruit Choice	NutriGrain Bar (wg) 100% Fruit Juice	Cereal (wg) Milk	Tortilla Chips (wg) Salsa	Baked Doritos (wg) 100% Fruit Juice
August 12	August 13	August 14	August 15	August 16
Sweet Bread Slice (wg) Milk	Munchie Mix (wg) Fruit Choice	Cereal (wg) Milk	No School Teacher Work Day	Baked Cheetos (wg) 100% Fruit Juice
August 19	August 20	August 21	August 22	August 23
Muffin (wg) Milk	Rice Krispies Treat (wg) Milk	Cereal (wg) Milk	Cheez-It Crackers (wg) Fruit Choice	Pretzels (wg) 100% Fruit Juice
August 26	August 27	August 28	August 29	August 30
Snack Crackers (wg) Fruit Choice	NutriGrain Bar (wg) 100% Fruit Juice	Cereal (wg) Milk	Tortilla Chips (wg) Salsa	Baked Doritos (wg) 100% Fruit Juice

### Families Making the Connection

#### School Meals Make a Difference!

All public schools in North Carolina offer school lunch. Most also offer school breakfast. All students can participate in school meal programs. Families can apply to see if they qualify for school meal benefits for their students. Ask your school about a meal application.

Many students and their families depend on school meals. School meals offer a variety of lean proteins, whole grains, fruits, vegetables, lowfat or fat free dairy, and locally grown ingredients. School meals make a difference!

- Research shows that students who participate in school meal programs consume more whole grains, milk, fruits, and vegetables.
- Students who eat school meals have better attendance, more focus in class, and improved academic performance.
- Participation in School Nutrition Programs supports social emotional learning.
- School meals are a nutritious, convenient choice for families.
- Eating school meals supports local School Nutrition Programs, farmers, and communities.

There are many benefits to school meals: