

July 2023: KIDS:PLUS Summer Camp Menu—Rocky River

Families Making the Connection

Find Free Summer Meals for Kids and Teens

Hunger affects children’s ability to learn. It puts them at risk for illness and other health issues. One hungry child is one too many.

Many students depend on school meals. What happens when school is out? N.C. Summer Nutrition Programs help make sure that children can get the nutritious meals and educational enrichment they need to return to school ready to learn. All youth 18 and under can receive free summer meals. No registration or ID is required. 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.

Monday, July 3	Tuesday, July 4	Wednesday, July 5	Thursday, July 6	Friday, July 7
Breakfast: Cereal Bar, Craisins, Milk Lunch Corn Dog Baby Carrots w/Ranch Fresh Fruit Milk Snack: Goldfish & 100% Fruit Juice		Breakfast: Pop-Tart, 100% Fruit Juice, Milk Lunch Chicken Fillet Sandwich Baby Carrots w/Ranch Craisins Milk Snack: Educational Cookies & Milk	Breakfast: Cereal, Banana, Milk Lunch Chicken Nuggets w/Breadstick Tropical Trio Slushie Fresh Fruit Milk Snack: Doritos & 100% Fruit Juice	Breakfast: Cereal Bar, Applesauce, Milk Lunch Cheese Pizza Kit Grape Tomato Cup w/Ranch Fresh Fruit Milk Snack: Cheez-Its & 100% Fruit Juice
Monday, July 10	Tuesday, July 11 Field Trip Day!	Wednesday, July 12	Thursday, July 13	Friday, July 14
Breakfast: Cereal Bar, Craisins, Milk Lunch Wild Mike’s Cheese Pocket Baby Carrots w/Ranch Fresh Fruit Milk Snack: Goldfish & 100% Fruit Juice	Breakfast: Muffin, 100% Fruit Juice, Milk Lunch Turkey, Cheese, & Cracker Kit Tropical Trio Slushie Applesauce Cup Milk Snack: Giant Goldfish Cinnamon Graham & Milk	Breakfast: Pop-Tart, 100% Fruit Juice, Milk Lunch Chicken Tender Basket w/Biscuit Baby Carrots w/Ranch Craisins Milk Snack: Educational Cookies & Milk	Breakfast: Cereal, Banana, Milk Lunch Cheeseburger Tropical Trio Slushie Fresh Fruit Milk Snack: Doritos & 100% Fruit Juice	Breakfast: Cereal Bar, Applesauce, Milk Entrée: Cheese Pizza Kit Grape Tomato Cup w/Ranch Fresh Fruit Milk Snack: Cheez-Its & 100% Fruit Juice
Monday, July 17	Tuesday, July 18	Wednesday, July 19	Thursday, July 20 Field Trip Day!	Friday, July 21
Breakfast: Cereal Bar, Craisins, Milk Lunch Corn Dog Baby Carrots w/Ranch Fresh Fruit Milk Snack: Goldfish & 100% Fruit Juice	Breakfast: Muffin, 100% Fruit Juice, Milk Lunch Turkey, Cheese, & Cracker Kit Tropical Trio Slushie Applesauce Cup Milk Snack: Giant Goldfish Cinnamon Graham & Milk	Breakfast: Pop-Tart, 100% Fruit Juice, Milk Lunch Chicken Fillet Sandwich Baby Carrots w/Ranch Craisins Milk Snack: Educational Cookies & Milk	Breakfast: Cereal, Banana, Milk Lunch Cheese Pizza Kit Grape Tomato Cup w/Ranch Fresh Fruit Milk Snack: Doritos & 100% Fruit Juice	Breakfast: Cereal Bar, Applesauce, Milk Lunch Chicken Nuggets w/Breadstick Tropical Trio Slushie Fresh Fruit Milk Snack: Cheez-Its & 100% Fruit Juice
Monday, July 23	Tuesday, July 24	Wednesday, July 25 Field Trip Day!	Thursday, July 26	Friday, July 26
Breakfast: Cereal Bar, Craisins, Milk Lunch Wild Mike’s Cheese Pocket Baby Carrots w/Ranch Fresh Fruit Milk Snack: Goldfish & 100% Fruit Juice	Breakfast: Muffin, 100% Fruit Juice, Milk Lunch Chicken Tender Basket w/Biscuit Baby Carrots w/Ranch Craisins Milk Snack: Giant Goldfish Cinnamon Graham & Milk	Breakfast: Pop-Tart, 100% Fruit Juice, Milk Lunch Turkey, Cheese, & Cracker Kit Tropical Trio Slushie Applesauce Cup Milk Snack: Educational Cookies & Milk	Breakfast: Cereal, Banana, Milk Lunch Cheeseburger Tropical Trio Slushie Fresh Fruit Milk Snack: Doritos & 100% Fruit Juice	Breakfast: Cereal Bar, Applesauce, Milk Entrée: Cheese Pizza Kit Grape Tomato Cup w/Ranch Fresh Fruit Milk Snack: Cheez-Its & 100% Fruit Juice