

# July 2023: KIDS:PLUS Summer Camp Menu—Winecoff ES

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