

June 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/endlunger to volunteer.

Promote N.C. Summer Nutrition Programs

Monday, June 12	Tuesday, June 13	Wednesday, June 14 Field Trip Day!	Thursday, June 15 Field Trip Day!	Friday, June 16
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, Raisins, Milk Lunch Cheeseburger 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, June 19	Tuesday, June 20	Wednesday, June 21 Field Trip Day!	Thursday, June 22	Friday, June 23
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 Chicken Fillet Sandwich Baby Carrots w/Ranch Craisins Milk Snack: Giant Goldfish Cinnamon Graham & Milk	Breakfast: Pop-Tart, 100% Fruit Juice, Milk Lunch (Cold) Turkey, Cheese, & Cracker Kit Tropical Trio Slushie Applesauce Cup Milk Snack: Educational Cookies & Milk	Breakfast: Cereal, Raisins, 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, June 26	Tuesday, June 27 Field Trip Day!	Wednesday, June 28	Thursday, June 29 Field Trip Day!	Friday, June 30
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, Raisins, Milk Lunch Cheeseburger 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

Cabarrus County Schools



Developed by the School Nutrition Division, NCDPI
NCDPI and USDA are equal opportunity providers and employers.
<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>