

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

Read to Achieve Site Menu

Monday, June 12	Tuesday, June 13	Wednesday, June 14	Thursday, June 15	Friday, June 16
		Breakfast: Pop-Tart, 100% Fruit Juice, Milk Lunch Chicken Tender Basket w/Biscuit Potato Wedges Craisins Milk	Breakfast: Cereal, Raisins, Milk Lunch Cheese Pizza Steamed Carrots Fresh Fruit Milk	Breakfast: Cereal Bar, Craisins, Milk Lunch Cheese Pizza Lunch Kit Veggie Juice Fruit Juice Gels Milk
Monday, June 19	Tuesday, June 20	Wednesday, June 21	Thursday, June 22	Friday, June 23
Breakfast: Cereal Bar, Craisins, Milk Lunch Corn Dog Steamed Broccoli Fresh Fruit Milk	Breakfast: Egg & Cheese Biscuit, 100% Fruit Juice, Milk Lunch Cheesy Quesadilla Steamed Corn Fruit Juice Gels Milk	Breakfast: Pop-Tart, 100% Fruit Juice, Milk Lunch Chicken Sandwich Potato Wedges Craisins Milk	Breakfast: Cereal, Raisins, Milk Lunch Cheese Pizza Steamed Carrots Fresh Fruit Milk	Breakfast: Cereal Bar, Craisins, Milk Lunch Cheese Pizza Lunch Kit Veggie Juice Fruit Juice Gels Milk
Monday, June 26	Tuesday, June 27	Wednesday, June 28	Thursday, June 29	Friday, June 30
Breakfast: Cereal Bar, Craisins, Milk Lunch Wild Mike's Cheese Pocket Steamed Broccoli Fresh Fruit Milk	Breakfast: Egg & Cheese Biscuit, 100% Fruit Juice, Milk Lunch Chicken Pizza Quesadilla Steamed Corn Fruit Juice Gels Milk	Breakfast: Pop-Tart, 100% Fruit Juice, Milk Lunch Chicken Tender Basket w/Biscuit Potato Wedges Craisins Milk	Breakfast: Cereal, Raisins, Milk Lunch Cheese Pizza Steamed Carrots Fresh Fruit Milk	Breakfast: Cereal Bar, Craisins, Milk Lunch Cheese Pizza Lunch Kit Veggie Juice Fruit Juice Gels Milk

Cabarrus County Schools

North Carolina Department of
PUBLIC INSTRUCTION

Developed by the School Nutrition Programs, NCDEP, NCDCI and USDA are proud to be your providers and employers.
<https://www.ncdepi.org/what-we-do/what-we-do/schools/district-operations/school-nutrition>