

July 2023: YMCA Summer Camp Menu

Families Making the Connection

Bring the Farm to Summer

N.C. Summer Nutrition Programs offer free meals and educational enrichment to kids and teens when school is out. Find info at <https://summermeals4nckids.org>. Text FOOD or COMIDA to 304-304 to find summer meals near you.

#NCFarmtoSummer benefits kids, Summer Nutrition Programs, farms, families, and communities. N.C. Summer Nutrition Programs happen during the peak growing season for local farmers. This gives N.C. Summer Nutrition Program operators the opportunity to tap into locally sourced foods and include these ingredients in summer meals. Serving locally grown foods at their peak is best for quality, variety, taste, nutrition, and cost. Purchasing locally grown food supports farmers and communities. #NCFarmtoSummer activities offer a fun, engaging opportunity to learn about agriculture and nutrition.

N.C. Summer Nutrition Programs and families are encouraged to take the #NCFarmtoSummerChallenge and: Serve locally grown foods in meals and/or snacks.

Learn and teach about locally grown foods, agriculture, and nutrition.

Post about farm to summer activities. Tag @NCSchoolMeals and @Ray4NCKids on social media.

Plan to participate in the #NCCrunch to taste and learn about North Carolina-grown fruits and vegetables for #FarmtoSchool Month in October.

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		Breakfast: Pop-Tart, 100% Fruit Juice, Milk Lunch Chicken Sandwich Baby Carrots w/Ranch Fruit Juice Gels Milk	Breakfast: Cereal, Banana, Milk Lunch Chicken Nuggets w/Breadstick Tropical Trio Slushie Fresh Fruit Milk	Breakfast: Cereal Bar, Applesauce, Milk Lunch Cheese Pizza Kit Grape Tomato Cup w/Ranch Fresh Fruit Milk
Monday, July 10	Tuesday, July 11	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	Breakfast: Muffin, 100% Fruit Juice, Milk Lunch Turkey, Cheese, & Cracker Kit Tropical Trio Slushie Applesauce Cup Milk	Breakfast: Pop-Tart, 100% Fruit Juice, Milk Lunch Chicken Tender Basket w/Biscuit Baby Carrots w/Ranch Fruit Juice Gels Milk	Breakfast: Cereal, Banana, Milk Lunch Cheeseburger Tropical Trio Slushie Fresh Fruit Milk	Breakfast: Cereal Bar, Applesauce, Milk Lunch Cheese Pizza Kit Grape Tomato Cup w/Ranch Fresh Fruit Milk
Monday, July 17	Tuesday, July 18	Wednesday, July 19	Thursday, July 20	Friday, July 21
Breakfast: Cereal Bar, Craisins, Milk Lunch Corn Dog Baby Carrots w/Ranch Fresh Fruit Milk	Breakfast: Muffin, 100% Fruit Juice, Milk Lunch Turkey, Cheese, & Cracker Kit Tropical Trio Slushie Applesauce Cup Milk	Breakfast: Pop-Tart, 100% Fruit Juice, Milk Lunch Chicken Sandwich Baby Carrots w/Ranch Fruit Juice Gels Milk	Breakfast: Cereal, Banana, Milk Lunch Chicken Nuggets w/Breadstick Tropical Trio Slushie Fresh Fruit Milk	Breakfast: Cereal Bar, Applesauce, Milk Lunch Cheese Pizza Kit Grape Tomato Cup w/Ranch Fresh Fruit Milk
Monday, July 24	Tuesday, July 25	Wednesday, July 27	Thursday, July 28	Friday, July 29
Breakfast: Cereal Bar, Craisins, Milk Lunch Wild Mike's Cheese Pocket Baby Carrots w/Ranch Fresh Fruit Milk	Breakfast: Muffin, 100% Fruit Juice, Milk Lunch Turkey, Cheese, & Cracker Kit Tropical Trio Slushie Applesauce Cup Milk	Breakfast: Pop-Tart, 100% Fruit Juice, Milk Lunch Chicken Tender Basket w/Biscuit Baby Carrots w/Ranch Fruit Juice Gels Milk	Breakfast: Cereal, Banana, Milk Lunch Cheeseburger Tropical Trio Slushie Fresh Fruit Milk	Breakfast: Cereal Bar, Applesauce, Milk Lunch Cheese Pizza Kit Grape Tomato Cup w/Ranch Fresh Fruit Milk

Cabarrus County Schools
Summer Feeding Program