

## 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

## June 2023: YMCA Summer Camp Menu

Monday, June 19	Tuesday, June 20	Wednesday, June 21	Thursday, June 22	Friday, June 23
<b>Breakfast:</b> Cereal Bar, Craisins, Milk	<b>Breakfast:</b> Muffin, 100% Fruit Juice, Milk	<b>Breakfast:</b> Pop-Tart, 100% Fruit Juice, Milk	<b>Breakfast:</b> Cereal, Raisins, Milk	<b>Breakfast:</b> Cereal Bar Applesauce, Milk
<b>Lunch</b> Corn Dog Baby Carrots w/Ranch Fresh Fruit Milk	<b>Lunch</b> Turkey, Cheese, & Cracker Kit Tropical Trio Slushie Applesauce Cup Milk	<b>Lunch</b> Chicken Sandwich Baby Carrots w/Ranch Fruit Juice Gels Milk	<b>Lunch</b> Chicken Nuggets w/ Breadstick Tropical Trio Slushie Fresh Fruit Milk	<b>Lunch</b> Cheese Pizza Kit Grape Tomato Cup w/Ranch Fresh Fruit Milk
Monday, June 26	Tuesday, June 27	Wednesday, June 28	Thursday, June 29	Friday, June 30
<b>Breakfast:</b> Cereal Bar, Craisins, Milk	<b>Breakfast:</b> Muffin, 100% Fruit Juice, Milk	<b>Breakfast:</b> Pop-Tart, 100% Fruit Juice, Milk	<b>Breakfast:</b> Cereal, Raisins, Milk	<b>Breakfast:</b> Cereal Bar Applesauce, Milk
<b>Lunch</b> Wild Mike's Cheese Pocket Baby Carrots w/Ranch Fresh Fruit Milk	<b>Lunch</b> Turkey, Cheese, & Cracker Kit Tropical Trio Slushie Applesauce Cup Milk	<b>Lunch</b> Chicken Tender Basket w/Biscuit Baby Carrots w/Ranch Fruit Juice Gels Milk	<b>Lunch</b> Cheeseburger Tropical Trio Slushie Fresh Fruit Milk	<b>Lunch</b> Cheese Pizza Kit Grape Tomato Cup w/Ranch Fresh Fruit Milk

Cabarrus County Schools

North Carolina Department of  
**PUBLIC INSTRUCTION**

Developed by the School Nutrition Program, NC DPI.  
NC DPI and USDA are grateful to the many providers and employers.  
<https://www.ncdpi.gov/relations-schools/district-operations/school-nutrition>