



# Carter G. Woodson School K8 Lunch Menu

# August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>August 1</b>	<b>August 2</b>
<b>August 5</b>	<b>August 6</b>	<b>August 7</b>	<b>August 8</b>	<b>August 9</b>
<b>August 12</b> Cheese Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	<b>August 13</b> Beefy Nachos w/ Cheese Sweet Yellow Corn Fresh Banana Choice of Milk	<b>August 14</b> Chicken & Rice Casserole WG Roll Steamed Broccoli Fresh Apple Choice of Milk	<b>August 15</b> BBQ Meatballs WG Roll Green Beans Chilled Peaches Choice of Milk	<b>August 16</b> Beef Hot Dog on WG Bun Baked Beans Mandarin Oranges Choice of Milk
<b>August 19</b> Cheese Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	<b>August 20</b> Turkey & Cheese Sub Potato Wedges Fresh Banana Choice of Milk	<b>August 21</b> Macaroni & Cheese WG Roll Green Beans Fresh Apple Choice of Milk	<b>August 22</b> Chicken Fajita on WG Tortilla Pinto Beans Chilled Peaches Choice of Milk	<b>August 23</b> Chicken Nuggets WG Roll Broccoli & Cheese Mandarin Oranges Choice of Milk
<b>August 26</b> Cheese Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	<b>August 27</b> Beefaroni WG Roll Green Beans Fresh Banana Choice of Milk	<b>August 28</b> Chicken Sandwich on WG Bun Sweet Yellow Corn Fresh Apple Choice of Milk	<b>August 29</b> Baked Chicken Leg WG Roll Broccoli & Cheese Chilled Peaches Choice of Milk	<b>August 30</b> Cheeseburger on WG Bun Baked Beans Mandarin Oranges Choice of Milk

## Families Making the Connection

### School Meals Make a Difference!

Menu subject to change.

All public schools in North Carolina offer school lunch. Most also offer school breakfast. All students can participate in school meal programs. Families can apply to see if they qualify for school meal benefits for their students. Ask your school about a meal application.

Many students and their families depend on school meals. School meals offer a variety of lean proteins, whole grains, fruits, vegetables, lowfat or fat free dairy, and locally grown ingredients. School meals make a difference!

- Research shows that students who participate in school meal programs consume more whole grains, milk, fruits, and vegetables.
- Students who eat school meals have better attendance, more focus in class, and improved academic performance.
- Participation in School Nutrition Programs supports social emotional learning.
- School meals are a nutritious, convenient choice for families.
- Eating school meals supports local School Nutrition Programs, farmers, and communities.

There are many benefits to school meals: