


## Carter G. Woodson K8 Lunch Menu

## February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>February 3</b> Cheese or Hamburger Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	<b>February 4</b> Steak & Cheese Sub Green Peas Fresh Banana Choice of Milk	<b>February 5</b> Orange Chicken Bites WG Roll Steamed Broccoli Fresh Apple Choice of Milk	<b>February 6</b> Chicken Taco Pinto Beans Chilled Peaches Choice of Milk	<b>February 7</b> Chicken Nuggets WG Roll Sweet Yellow Corn Mandarin Oranges Choice of Milk
<b>February 10</b> Cheese/Hamburger Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	<b>February 11</b> Cheeseburger on WG Bun Baked Beans Fresh Banana Choice of Milk	<b>February 12</b> Mac & Cheese w/ WG Roll Green Beans Roll Fresh Apple Choice of Milk	<b>February 13</b> Chicken & Waffles Spinach Chilled Peaches Choice of Milk	<b>February 14</b> Turkey & Cheese Sub Potato Wedges Mandarin Oranges Choice of Milk
<b>February 17</b> Cheese/Hamburger Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	<b>February 18</b> Beefy Nachos Pinto Beans Fresh Banana Choice of Milk	<b>February 19</b> Buffalo Chicken Bites WG Roll Broccoli & Cheese Fresh Apple Choice of Milk	<b>February 20</b> Beef Hot Dog Potato Wedges Chilled Peaches Choice of Milk	<b>February 21</b> Chicken Legs Cornbread Green Beans Fresh Fruit Choice of Milk
<b>February 24</b> Cheese/Hamburger Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	<b>February 25</b> Chicken Nuggets WG Roll Green Beans Fresh Banana Choice of Milk	<b>February 26</b> Cheeseburger on Bun Baked Beans Fresh Apple Choice of Milk	<b>February 27</b> Corn Dog Potato Wedges Chilled Peaches Choice of Milk	<b>February 28</b> Country Style Steak, Gravy, Rice, Roll Green Peas Mandarin Oranges Choice of Milk

## Families Making the Connection

\*Menu subject to change.

### Food Connects Us

National Nutrition Month® (NNM) is celebrated each March. The 2025 NNM theme is “Food Connect Us”. Food connects us to our cultures, our families, and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it, and how and where the ingredients were sourced. Health, traditions, and access can all impact the foods we eat. The food we eat also affects our health.

Participating in School Nutrition Programs offers students not only a nutritious meal but also an opportunity to connect with fellow students, teachers, and School Nutrition professionals. School meals can truly make a difference for students.

North Carolina-grown ingredients. Meals include a variety of whole grains, lean proteins, fruits, and vegetables with tasty, creative recipes that appeal to students. Try recipes from the N.C. Jr. Chef Competition, <https://go.ncdpi.gov/ncjrchef>, and N.C. K-12 Culinary Institute, <https://go.ncdpi.gov/hck12culinaryinstitute>.

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month®. Plan now to celebrate with your family, at your child’s school, and in the community. Find a registered dietitian nutritionist (RDN), nutrition tips, and #NNM info at [www.eatright.org](http://www.eatright.org).

School meals offer choices of entrées, sides, and lowfat or fat free milk daily. Many schools participate in farm to school and feature