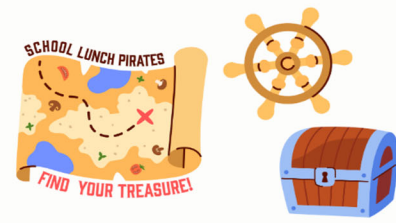




Celebrate National School Lunch Week

#NSLW



Carter G. Woodson Breakfast Menu

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	October 1 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	October 2 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk	October 3 Turkey Bacon Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	October 4 Assorted WG Muffin Variety of 100% Juice Chilled Mixed Fruit Choice of Milk
October 7 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	October 8 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	October 9 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk	October 10 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	October 11 No School
October 14 No School	October 15 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	October 16 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk	October 17 Turkey Bacon Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	October 18 Assorted WG Muffin Variety of 100% Juice Chilled Mixed Fruit Choice of Milk
October 21 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	October 22 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	October 23 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk	October 24 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	October 25 Assorted WG Muffin Variety of 100% Juice Chilled Mixed Fruit Choice of Milk
October 28 WG Nutri-Grain Bar Mozzarella Cheese Stick Variety of 100% Juice Chilled Applesauce Choice of Milk	October 29 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	October 30 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk	October 31 Turkey Bacon Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	

Nutrition Byte

Find Your Treasure with School Lunch

*Menu subject to change

Did you know October 14-18 is National School Lunch Week? The #NSLW2024 theme is "Find Your Treasure with School Lunch". Students can explore a world of flavors and foods and be ready for their next adventure by eating school lunch. School meals help students succeed in and out of the classroom.

School lunch offers students choices of whole grains, fruits, vegetables, lean proteins, and milk to fuel their day. Students who eat school meals have more focus in class and better test scores.

During NSLW, School Nutrition professionals, school staff and students will find ways to celebrate with their schools and districts through special menus, events, activities, and more. The 2024 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs.

For #NSLW2024 and all month, let's recognize our amazing, dedicated #NCSchoolNutritionHeroes for providing appealing, nutritious meals with a kind word, thank you note, social media post, etc. **Nutrilink:** For more info about school meals and NSLW, go to www.schoolnutrition.org.