



Carter G. Woodson School HS Lunch Menu

August 2024

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

There are many benefits to school meals:

- 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.