



Carter G. Woodson K12 Breakfast Menu

December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
December 2 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	December 3 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	December 4 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk	December 5 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	December 6 Assorted WG Muffin Variety of 100% Juice Chilled Mixed Fruit Choice of Milk
December 9 WG Nutri-Grain Bar Mozzarella Cheese Stick Variety of 100% Juice Chilled Applesauce Choice of Milk	December 10 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	December 11 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk	December 12 Turkey Bacon Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	December 13 Assorted WG Muffin Variety of 100% Juice Chilled Mixed Fruit Choice of Milk
December 16 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	December 17 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	December 18 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk	December 19 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	December 20 No School
December 23 No School	December 24 No School	December 25 No School	December 26 No School	December 27 No School
December 30 No School	December 31 No School			

Families Making the Connection Celebrate the Healthy Way!

*Menu subject to change.

Schools have many reasons to celebrate – birthdays, holidays, team wins, good grades, etc.! Often those celebrations involve food – sugary drinks, cupcakes, donuts, cookies, ice cream, or candy. These types of foods don't offer nutrients to nourish students and help them focus and learn. Families can suggest and help with different strategies to celebrate and support health. Learn more at www.actionforhealthykids.org/activity/healthy-active-parties.

- Work with your school to find healthy ways to recognize special events or accomplishments. Try options that don't involve food or screens like time for reading, listening to music, or participating in active games, sports, or dancing.

- Offer water, 100% juice, and/or lowfat or fat free milk instead of sodas or other drinks that have sugar and caffeine.
- Include nutritious options if you do have food for a party like fruits, vegetables, whole grains, and/or lowfat or fat free dairy. Some ideas are whole grain tortilla chips with salsa, fruit with a yogurt dip, parfaits with fruit, yogurt, and whole grain cereal, veggies with lowfat dressing, or smoothies. Check to see if you can purchase nutritious, fun snacks from your School Nutrition Program for events.
- Read food labels to make smart choices. Be careful of any food allergens for students and staff.
- Make sure everyone can participate, celebrate, and have fun!