



Carter G. Woodson School K8 Lunch Menu

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		January 1 No School	January 2 No School	January 3 No School
January 6 Cheese or Hamburger Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	January 7 Steak & Cheese Sub Green Peas Fresh Banana Choice of Milk	January 8 Orange Chicken Bites WG Roll Steamed Broccoli Fresh Apple Choice of Milk	January 9 Chicken Taco Pinto Beans Chilled Peaches Choice of Milk	January 10 Chicken Nuggets WG Roll Sweet Yellow Corn Mandarin Oranges Choice of Milk
January 13 Cheese/Hamburger Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	January 14 Cheeseburger on WG Bun Baked Beans Fresh Banana Choice of Milk	January 15 Mac & Cheese w/ WG Roll Green Beans Roll Fresh Apple Choice of Milk	January 16 Chicken & Waffles Spinach Chilled Peaches Choice of Milk	January 17 Turkey & Cheese Sub Potato Wedges Mandarin Oranges Choice of Milk
January 20 No School	January 21 Beefy Nachos Pinto Beans Fresh Banana Choice of Milk	January 22 Buffalo Chicken Bites WG Roll Mixed Veggies Fresh Apple Choice of Milk	January 23 Beef Hot Dog Potato Wedges Chilled Peaches Choice of Milk	January 24 Chicken Sandwich Broccoli & Cheese Mandarin Oranges Choice of Milk
January 27 Cheese/Hamburger Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Choice of Milk	January 28 Chicken Nuggets WG Roll Green Beans Fresh Banana Choice of Milk	January 29 Cheeseburger on Bun Baked Beans Fresh Apple Choice of Milk	January 30 Corn Dog Potato Wedges Chilled Peaches Choice of Milk	January 31 Country Style Steak, Gravy, Rice, Roll Green Peas Mandarin Oranges Choice of Milk

Families Making the Connection

Move Your Way – Be Active Every Day!

*Menu subject to change.

January is Family Fitness Month, a great time to renew or start a fitness routine with your family. Families that are active are healthier. Families that are active together have more fun!

Physical activity fosters normal growth and development, can make people feel better, function better, sleep better, and reduce the risk of chronic diseases. According to the Physical Activity Guidelines for Americans, youth ages 6-17 should be active for at least 60 minutes each day. For substantial health benefits, adults should do at least 150-300 minutes a week of moderate-intensity, or 75-150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination. Think 3 – three ways to exercise:

- 1. Work out your heart.** Aerobic exercise gets your heart pumping. Dancing, swimming, biking, running, taking a brisk

walk, or playing volleyball, football, basketball, soccer, pickle ball, or tennis are some options.

- 2. Strengthen your muscles and bones.** Strengthening gives you more power, protects you from injuries, and helps you burn more calories. You don't have to lift weights. Leg lunges or squats, pull-ups, push-ups, planks, and ab crunches work.
- 3. Keep your body flexible.** Flexibility keeps muscles and joints from getting stiff, improves performance, and protects from sprains or strains. Stretching or doing yoga, tai chi, or pilates can help.