



Carter G. Woodson School HS 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 Fresh Apple Choice of Milk | January 7 Steak & Cheese Sub Green Peas Mixed Veggies Chilled Mixed Fruit Fresh Banana Choice of Milk | January 8 Orange Chicken Bites WG Roll Steamed Broccoli Sweet Potatoes Chilled Pears Fresh Apple Choice of Milk | January 9 Chicken Taco Pinto Beans Sweet Yellow Corn Fresh Fruit Chilled Peaches Choice of Milk | January 10 Chicken Nuggets WG Roll Sweet Yellow Corn Mashed Potatoes Applesauce Mandarin Oranges Choice of Milk |
| January 13 Cheese/Hamburger Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Fresh Apple Choice of Milk | January 14 Cheeseburger on WG Bun Baked Beans Coleslaw Mixed Fruit Fresh Banana Choice of Milk | January 15 Mac & Cheese w/ WG Roll Green Beans Mixed Veggies Chilled Pears Fresh Apple Choice of Milk | January 16 Chicken & Waffles Spinach Steamed Carrots Fresh Fruit Chilled Peaches Choice of Milk | January 17 Turkey & Cheese Sub Potato Wedges California Veggies Applesauce Mandarin Oranges Choice of Milk |
| January 20 No School | January 21 Beefy Nachos Pinto Beans Sweet Yellow Corn Mixed Fruit Fresh Banana Choice of Milk | January 22 Buffalo Chicken Bites w/ WG Roll Mixed Veggies Potato Wedges Chilled Pears Fresh Apple Choice of Milk | January 23 Beef Hot Dog Potato Wedges Coleslaw Fresh Fruit Chilled Peaches Choice of Milk | January 24 Chicken Sandwich Broccoli & Cheese Sweet Potatoes Applesauce Mandarin Oranges Choice of Milk |
| January 27 Cheese/Hamburger Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Fresh Apple Choice of Milk | January 28 Chicken Nuggets WG Roll Green Beans California Veggies Fresh Fruit Fresh Banana Choice of Milk | January 29 Cheeseburger on Bun Baked Beans Sweet Potato Fries Chilled Pears Fresh Apple Choice of Milk | January 30 Corn Dog Potato Wedges Mixed Veggies Fresh Fruit Chilled Peaches Choice of Milk | January 31 Country Style Steak, Gravy, Rice, Roll Green Peas Sweet Yellow Corn Applesauce 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.