


Carter G. Woodson HS Lunch Menu

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				
February 3 Cheese or Hamburger Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Fresh Apple Choice of Milk	February 4 Steak & Cheese Sub Green Peas Mixed Veggies Chilled Mixed Fruit Fresh Banana Choice of Milk	February 5 Orange Chicken Bites WG Roll Steamed Broccoli Sweet Potatoes Chilled Pears Fresh Apple Choice of Milk	February 6 Chicken Taco Pinto Beans Sweet Yellow Corn Fresh Fruit Chilled Peaches Choice of Milk	February 7 Chicken Nuggets WG Roll Sweet Yellow Corn Mashed Potatoes Applesauce Mandarin Oranges Choice of Milk
February 10 Cheese/Hamburger Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Fresh Apple Choice of Milk	February 11 Cheeseburger on WG Bun Baked Beans Coleslaw Mixed Fruit Fresh Banana Choice of Milk	February 12 Mac & Cheese w/ WG Roll Green Beans Mixed Veggies Chilled Pears Fresh Apple Choice of Milk	February 13 Chicken & Waffles Spinach Steamed Carrots Fresh Fruit Chilled Peaches Choice of Milk	February 14 Turkey & Cheese Sub Potato Wedges California Veggies Applesauce Mandarin Oranges Choice of Milk
February 17 Cheese/Hamburger Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Fresh Apple Choice of Milk	February 18 Beefy Nachos Pinto Beans Sweet Yellow Corn Mixed Fruit Fresh Banana Choice of Milk	February 19 Buffalo Chicken Bites w/ WG Roll Broccoli & Cheese Potato Wedges Chilled Pears Fresh Apple Choice of Milk	February 20 Beef Hot Dog Potato Wedges Coleslaw Fresh Fruit Chilled Peaches Choice of Milk	February 21 Chicken Legs, Cornbread Green Beans Sweet Potatoes Fresh Apple Fresh Fruit Choice of Milk
February 24 Cheese/Hamburger Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Fresh Apple Choice of Milk	February 25 Chicken Nuggets WG Roll Green Beans California Veggies Fresh Fruit Fresh Banana Choice of Milk	February 26 Cheeseburger on Bun Baked Beans Sweet Potato Fries Chilled Pears Fresh Apple Choice of Milk	February 27 Corn Dog Potato Wedges Mixed Veggies Fresh Fruit Chilled Peaches Choice of Milk	February 28 Country Style Steak, Gravy, Rice, Roll Green Peas Sweet Yellow Corn Applesauce Mandarin Oranges Choice of Milk

Families Making the Connection

Food Connects Us

*Menu subject to change.

National Nutrition Month® (NNM) is celebrated each March. The 2025 NNM theme is “Food Connect Us”. Food connects us to our cultures, our families, and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it, and how and where the ingredients were sourced. Health, traditions, and access can all impact the foods we eat. The food we eat also affects our health.

Participating in School Nutrition Programs offers students not only a nutritious meal but also an opportunity to connect with fellow students, teachers, and School Nutrition professionals. School meals can truly make a difference for students.

participate in farm to school and feature North Carolina-grown ingredients. Meals include a variety of whole grains, lean proteins, fruits, and vegetables with tasty, creative recipes that appeal to students. Try recipes from the N.C. Jr. Chef Competition, <https://go.ncdpi.gov/ncjrchef>, and N.C. K-12 Culinary Institute, <https://go.ncdpi.gov/nck12culinaryinstitute>.

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month®. Plan now to celebrate with your family, at your child’s school, and in the community. Find a registered dietitian nutritionist (RDN), nutrition tips, and #NNM info at www.eatright.org.

School meals offer choices of entrées, sides, and lowfat or fat free milk daily. Many schools