



Carter G. Woodson K12 Breakfast Menu

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				
February 3 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	February 4 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	February 5 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	February 6 Turkey Bacon Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	February 7 Assorted WG Muffin Variety of 100% Juice Fresh Apple Choice of Milk
February 10 WG Cinnamon Roll Variety of 100% Juice Chilled Applesauce Choice of Milk	February 11 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	February 12 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	February 13 Turkey Sausage Breakfast Pizza Variety of 100% Juice Mandarin Oranges Choice of Milk	February 14 WG Apple Frudel Variety of 100% Juice Fresh Apple Choice of Milk
February 17 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	February 18 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	February 19 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	February 20 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	February 21 Assorted WG Muffin Variety of 100% Juice Fresh Apple Choice of Milk
February 24 WG Cinnamon Roll Variety of 100% Juice Chilled Applesauce Choice of Milk	February 25 WG Appel Frudel Variety of 100% Juice Chilled Pears Choice of Milk	February 26 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	February 27 Chicken Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	<div style="text-align: center;">  </div> February 28 WG Pancakes w/ Syrup Variety of 100% Juice Fresh Apple 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.

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