



Carter G. Woodson K12 Breakfast Menu

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		January 1	January 2	January 3
January 6 WG Nutri-Grain Bar Mozzarella Cheese Stick Variety of 100% Juice Chilled Applesauce Choice of Milk	January 7 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	January 8 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	January 9 Turkey Bacon Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	January 10 Assorted WG Muffin Variety of 100% Juice Fresh Apple Choice of Milk
January 13 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	January 14 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	January 15 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	January 16 Turkey Sausage Breakfast Pizza Variety of 100% Juice Mandarin Oranges Choice of Milk	January 17 WG Apple Frudel Variety of 100% Juice Fresh Apple Choice of Milk
January 20 No School	January 21 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	January 22 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	January 23 Turkey Bacon Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	January 24 Assorted WG Muffin Variety of 100% Juice Fresh Apple Choice of Milk
January 27 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	January 28 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	January 29 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk	January 30 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	January 31 WG Apple Frudel Variety of 100% Juice Fresh Apple 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.