



Carter G. Woodson School Breakfast Menu

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			August 1	August 2
August 5	August 6	August 7	August 8	August 9
August 12 Assorted WG Muffin Variety of 100% Juice Chilled Applesauce Choice of Milk	August 13 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	August 14 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk	August 15 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	August 16 WG Pop-Tarts Variety of 100% Juice Chilled Mixed Fruit Choice of Milk
August 19 Assorted WG Muffin Variety of 100% Juice Chilled Applesauce Choice of Milk	August 20 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	August 21 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk	August 22 Turkey Bacon Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	August 23 WG Nutri-Grain Bar Mozzarella Cheese Stick Variety of 100% Juice Chilled Mixed Fruit Choice of Milk
August 26 Assorted WG Muffin Variety of 100% Juice Chilled Applesauce Choice of Milk	August 27 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	August 28 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk	August 29 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	August 30 WG Pop-Tarts Variety of 100% Juice Chilled Mixed Fruit Choice of Milk

Families Making the Connection

School Meals Make a Difference!

Menu subject to change.

All public schools in North Carolina offer school lunch. Most also offer school breakfast. All students can participate in school meal programs. Families can apply to see if they qualify for school meal benefits for their students. Ask your school about a meal application.

Many students and their families depend on school meals. School meals offer a variety of lean proteins, whole grains, fruits, vegetables, lowfat or fat free dairy, and locally grown ingredients. School meals make a difference!

There are many benefits to school meals:

- Research shows that students who participate in school meal programs consume more whole grains, milk, fruits, and vegetables.
- Students who eat school meals have better attendance, more focus in class, and improved academic performance.
- Participation in School Nutrition Programs supports social emotional learning.
- School meals are a nutritious, convenient choice for families.
- Eating school meals supports local School Nutrition Programs, farmers, and communities.