



Carter G. Woodson School HS Lunch Menus

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
August 11	August 12	August 13 Chicken Tenders w/ Ranch Cup WG Roll Steamed Broccoli Steamed Carrots Chilled Peaches Fresh Fruit Variety of Milk	August 14 Mac & Cheese WG Roll Green Beans Mixed Veggies Fresh Apple Fresh Pear Lowfat or Fat Free Milk	August 15 Cheeseburger on WG Bun Baked Beans Coleslaw Mandarin Oranges Mixed Fruit Lowfat or Fat Free Milk
August 18 Cheese or Hamburger Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Fresh Apple Variety of Milk	August 19 Beef Tacos w/ Cheese, Lettuce, Rice Pinto Beans Sweet Yellow Corn Fresh Banana Mixed Fruit Variety of Milk	August 20 Chicken Bites w/ Honey Mustard Dipping Cup WG Roll Steamed Broccoli Mashed Potatoes Chilled Pears Fresh Apple Variety of Milk	August 21 Beef Hot Dog on WG Bun Potato Wedges Coleslaw Chilled Peaches Fresh Fruit Variety of Milk	August 22 Chicken Sandwich on WG Bun Green Beans Sweet Potatoes Applesauce Mandarin Oranges Variety of Milk
August 25 Cheesy Bread w/ Marinara Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Fresh Apple Variety of Milk	August 26 Cheeseburger on WG Bun Baked Beans Mashed Potatoes Mixed Fruit Fresh Banana Variety of Milk	August 27 Orange Chicken Bites WG Roll Steamed Broccoli Sweet Potatoes Pears Fresh Apple Variety of Milk	August 28 Turkey & Cheese Sub Potato Wedges Green Peas Chilled Peaches Fresh Fruit Variety of Milk	August 29 Chicken Nuggets WG Roll Green Beans Sweet Yellow Corn Mandarin Oranges Applesauce Variety of Milk

Nutrition Byte

Enjoy School Meals!

*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!

- 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.

There are many benefits to school meals: