



## Carter G. Woodson School K8 Lunch Menu

## November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
November 3 Cheese or Hamburger Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Variety of Milk	November 4 Hot Dog on WG Bun Potato Wedges Fresh Banana Variety of Milk	November 5 Chicken Tenders w/ Ranch Cup WG Roll Steamed Broccoli Chilled Peaches Variety of Milk	November 6 Mac & Cheese WG Roll Green Beans Fresh Apple Variety of Milk	November 7 Cheeseburger on WG Bun Baked Beans Mandarin Oranges Variety of Milk
November 10	November 11	November 12	November 13	November 14
Cheese or Hamburger Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Variety of Milk	No School	Chicken Bites w/ Honey Mustard Dipping Cup WG Roll Steamed Broccoli Fresh Apple Variety of Milk	Beef Hot Dog on WG Bun Potato Wedges Chilled Peaches Variety of Milk	Chicken Sandwich on WG Bun Green Beans Mandarin Oranges Variety of Milk
November 17	November 18	November 19	November 20	November 21
Cheese or Hamburger Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Variety of Milk	Orange Chicken Bites WG Roll Steamed Broccoli Fresh Apple Variety of Milk	Cheeseburger on WG Bun Baked Beans Fresh Banana Variety of Milk	Chicken Nuggets WG Roll Potato Wedges Chilled Peaches Variety of Milk	Roast Turkey w/ Gravy & Stuffing Green Beans Sweet Potatoes Sliced Apples Variety of Milk
November 24	November 25	November 26	November 27	November 28
Cheese or Hamburger Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Variety of Milk	Hot Dog on WG Bun Potato Wedges Fresh Banana Variety of Milk	No School	No School	No School

## **Nutrition Byte**

## Celebrate #NCFarmers from the Mountains to the Sea!

In 2023, the North Carolina General Assembly established the second Thursday in November as N.C. Farmers Appreciation Day as an opportunity to thank all our farmers and farm families. The second inaugural event is November 6, 2025.

North Carolina is rich in agriculture from the mountains to the sea. The farmers that produce food, fiber, and fuel in our state do so with heart and pride. Learn more and find resources to celebrate our farmers and all they produce at <a href="https://www.ncfarmerappreciation.com">https://www.ncfarmerappreciation.com</a>. Recognize and thank #NCFarmers on social media using #NCFarmersAppreciationDay and #MountainstoSea. Tag @NCFarmersAppreciationDay.

Did you know?

- Agriculture is North Carolina's #1 industry with an economic impact of over \$100 billion dollars annually.
- There are 74,062 farmers and 46,000 farms in the state.
   1,827 are centennial farms and 27 are bicentennial.
- N.C. ranks 3<sup>rd</sup> for agriculture diversity and is a top producer of sweetpotatoes, cucumbers, eggs, poultry, pork, and more.
- Most North Carolina schools participate in farm to school activities and serve locally grown foods in school meals.

Learn more at <a href="https://www.ncfb.org/ag-in-the-classroom">https://gottobenc.com</a>, and <a href="https://ncfarmtoschool.com">https://ncfarmtoschool.com</a>.

