



## Carter G. Woodson School Breakfast Menu

December 2025

Monday December 1	Tuesday December 2	Wednesday December 3	Thursday December 4	Friday December 5
WG Strawberry Bagel Variety of 100% Juice Chilled Applesauce Choice of Milk	WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	Chicken Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	WG Apple Frudel Variety of 100% Juice Fresh Apple Choice of Milk
<b>December 8</b> WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	<b>December 9</b> WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	<b>December 10</b> Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	<b>December 11</b> Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	<b>December 12</b> Assorted WG Muffin Variety of 100% Juice Fresh Apple Choice of Milk
<b>December 15</b> WG Strawberry Bagel Variety of 100% Juice Chilled Applesauce Choice of Milk	<b>December 16</b> WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	<b>December 17</b> Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	<b>December 18</b> Chicken Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	<b>December 19</b> No School
<b>December 22</b> No School	<b>December 23</b> No School	<b>December 24</b> No School	<b>December 25</b> No School	<b>December 26</b> No School
<b>December 29</b> No School	<b>December 30</b> No School	<b>December 31</b> No School		

## Nutrition Byte

\*Menu subject to change.

### Stop the Spread of Germs – Wash Your Hands!

Did you know December 1-7 is Handwashing Awareness Week? Handwashing is one of the best ways to stop the spread of germs that cause illness. Make sure to wash your hands well by using these steps (**Nutrilink:** [fightbac.org](https://fightbac.org)):

- **Wet** your hands with running water. Add soap.
- **Lather** your hands with soap. Wash all surfaces on hands. Wash carefully between your fingers, around the tops and palms, over wrists, and under fingernails.
- **Scrub** your hands for at least 20 seconds.
- **Rinse** your hands well under running water.
- **Dry** your hands with a clean, disposable paper towel.
- Turn off the faucet using the disposable paper towel instead of your clean, bare hands.

When should you wash your hands?

- Before, during and after you prepare a meal or before eating
- After handling raw meat, poultry, seafood, eggs or flour
- After blowing your nose, coughing or sneezing
- After using the bathroom
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After changing diapers or cleaning up someone who has used the bathroom
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage