



Carter G. Woodson School HS Lunch Menu

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
September 1 No School	September 2 Turkey & Cheese Sub Potato Wedges Steamed Carrots Applesauce Fresh Banana Variety of Milk	September 3 Chicken Tenders w/ Ranch Cup WG Roll Steamed Broccoli Mashed Potatoes Fresh Fruit Chilled Peaches Variety of Milk	September 4 Mac & Cheese WG Roll Green Beans Mixed Veggies Chilled Pears Fresh Apple Variety of Milk	September 5 Cheeseburger on WG Bun Baked Beans Coleslaw Mixed Fruit Mandarin Oranges Variety of Milk
September 8 Cheese or Hamburger Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Fresh Apple Variety of Milk	September 9 Beef Tacos w/ Cheese, Lettuce, Rice Pinto Beans Sweet Yellow Corn Mixed Fruit Fresh Banana Variety of Milk	September 10 Chicken Bites w/ Honey Mustard Dipping Cup WG Roll Steamed Broccoli Mashed Potatoes Chilled Pears Fresh Apple Variety of Milk	September 11 Beef Hot Dog on WG Bun Potato Wedges Coleslaw Chilled Peaches Fresh Fruit Variety of Milk	September 12 Chicken Sandwich on WG Bun Green Beans Sweet Potatoes Applesauce Mandarin Oranges Variety of Milk
September 15 Cheesy Bread w/ Marinara Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Fresh Apple Variety of Milk	September 16 Cheeseburger on WG Bun Baked Beans Mashed Potatoes Mixed Fruit Fresh Banana Variety of Milk	September 17 Orange Chicken Bites WG Roll Steamed Broccoli Sweet Potatoes Chilled Pears Fresh Apple Variety of Milk	September 18 Turkey & Cheese Sub Potato Wedges Green Peas Chilled Peaches Fresh Fruit Variety of Milk	September 19 Chicken Nuggets WG Roll Green Beans Sweet Yellow Corn Mandarin Oranges Applesauce Variety of Milk
September 22 Cheese or Hamburger Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Fresh Apple Variety of Milk	September 23 Turkey & Cheese Sub Potato Wedges Steamed Carrots Applesauce Fresh Banana Variety of Milk	September 24 Chicken Tenders w/ Ranch Cup WG Roll Steamed Broccoli Mashed Potatoes Fresh Fruit Chilled Peaches Variety of Milk	September 25 Mac & Cheese WG Roll Green Beans Mixed Veggies Chilled Pears Fresh Apple Variety of Milk	September 26 Cheeseburger on WG Bun Baked Beans Coleslaw Mixed Fruit Mandarin Oranges Variety of Milk
September 29 Cheese or Hamburger Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Fresh Apple Variety of Milk	September 30 Beef Tacos w/ Cheese, Lettuce, Rice Pinto Beans Sweet Yellow Corn Mixed Fruit Fresh Banana Variety of Milk			

Nutrition Byte

Taste & Learn About Local Produce

*Menu subject to change.

Did you know you can find North Carolina-grown products in grocery stores, farmers markets, roadside stands, and schools across the state? "Goodness Grows in North Carolina"!

For National Fruits & Veggies Month in September and Farm to School and Early Care and Education Month in October, plan to participate in the N.C. Crunch. The N.C. Crunch is an opportunity for youth and adults to taste and learn about North Carolina-grown fruits and veggies with their schools, early care and education centers, organizations, and

families. Everyone can participate! Share photos on social media of you tasting and learning about N.C. produce using #NCCrunch.

Nutrilink: Learn more and sign up at <https://growing-minds.org/north-carolina-crunch>. Receive a free guide with tips, templates, and links to resources.

The N.C. Crunch is also an opportunity to recognize all those involved in feeding our youth and communities—farmers, distributors, school nutrition professionals, transportation professionals and more. Let's thank our dedicated #FarmtoSchoolHeroes across the state!