



Carter G. Woodson School Breakfast Menu™

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		April 1 Assorted WG Cereal w/ WG Graham Crackers -or- Nutri-grain Bar w/ Mozzarella Cheese Stick Variety of 100% Juice Mixed Fruit Choice of Milk	April 2 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	April 3 No school
April 6 WG Strawberry Bagel Variety of 100% Juice Chilled Applesauce Choice of Milk	April 7 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	April 8 Assorted WG Cereal w/ WG Graham Crackers -or- Nutri-grain Bar w/ Mozzarella Cheese Stick Variety of 100% Juice Mixed Fruit Choice of Milk	April 9 Chicken Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	April 10 WG Apple Frudel Variety of 100% Juice Fresh Apple Choice of Milk
April 13 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	April 14 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	April 15 Assorted WG Cereal w/ WG Graham Crackers -or- Nutri-grain Bar w/ Mozzarella Cheese Stick Variety of 100% Juice Mixed Fruit Choice of Milk	April 16 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	April 17 Assorted WG Muffin WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk
April 20 WG Strawberry Bagel Variety of 100% Juice Chilled Applesauce Choice of Milk	April 21 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	April 22 Assorted WG Cereal w/ WG Graham Crackers -or- Nutri-grain Bar w/ Mozzarella Cheese Stick Variety of 100% Juice Mixed Fruit Choice of Milk	April 23 Chicken Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	April 24 WG Apple Frudel Variety of 100% Juice Fresh Apple Choice of Milk
April 27 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	April 28 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	April 29 Assorted WG Cereal w/ WG Graham Crackers -or- Nutri-grain Bar w/ Mozzarella Cheese Stick Variety of 100% Juice Mixed Fruit Choice of Milk	April 30 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	

Nutrition Byte

Plant an Incredible Edible Garden

*Menu subject to change.

April is Garden Month! Gardening allows you to be outside, get some exercise, and grow produce and herbs for tasty meals and snacks. It can help you learn about different plants, build or practice gardening skills, save money by growing your own food, and reduce stress. Gardening offers an opportunity to spend time with friends or family, practice communication and teamwork, and enhance problem solving. You can also build community by connecting with other local gardeners and protecting the environment.

You do not need lots of space or expertise to garden. You can have a windowsill garden, container garden, raised bed garden, or a garden plot. Part of the fun of gardening is trying out new seeds or plants and seeing what you can grow.

Try these gardening tips:

- Pick a fruit, vegetable, or herb you would like to grow.
- Find the best time to plant, the type of soil it likes, and how much sun, water, and space it needs to grow.
- Plant the seed, seedling, or transplant.
- Give it enough water and sunlight. Watch it grow.
- Harvest, wash, and enjoy.

Nutrilink: For info or questions, go to www.garden.org, reach out to the Master Gardeners or Ag Agents with your local Cooperative Extension office, <https://www.ces.ncsu.edu>, or connect with your local Career and Technical Education program, classes, or teachers.



Carter G. Woodson School K8 Lunch Menus for April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		April 1 Chicken Bites w/ Honey Mustard Dipping Cup WG Roll Steamed Broccoli Fresh Apple Variety of Milk	April 2 Beef Hot Dog on WG Bun Potato Wedges Chilled Peaches Variety of Milk	April 3 No School
April 6 Cheese Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Variety of Milk	April 7 Cheeseburger on WG Bun Baked Beans Fresh Banana Variety of Milk	April 8 Chicken Tenders w/ Ranch Cup WG Roll Steamed Broccoli Fresh Apple Variety of Milk	April 9 Turkey & Cheese Sub Potato Wedges Chilled Peaches Variety of Milk	April 10 Chicken Nuggets WG Roll Green Beans Mandarin Oranges Variety of Milk
April 13 Cheese Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Variety of Milk	April 14 Chicken Alfredo Green Beans Fresh Banana Variety of Milk	April 15 Beefy Nachos w/ Cheese, Lettuce Pinto Beans Fresh Apple Variety of Milk	April 16 Orange Chicken Bites WG Roll Steamed Broccoli Chilled Peaches Variety of Milk	April 17 Cheeseburger on WG Bun Potato Wedges Mandarin Oranges Variety of Milk
April 20 Cheese Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Variety of Milk	April 21 Beef Tacos w/ Cheese, Lettuce Pinto Beans Fresh Banana Variety of Milk	April 22 Chicken Bites w/ Honey Mustard Dipping Cup WG Roll Steamed Broccoli Fresh Apple Variety of Milk	April 23 Beef Hot Dog on WG Bun Potato Wedges Chilled Peaches Variety of Milk	April 24 Chicken Sandwich on WG Bun Green Beans Mandarin Oranges Variety of Milk
April 27 Cheese Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Variety of Milk	April 28 Cheeseburger on WG Bun Baked Beans Fresh Banana Variety of Milk	April 29 Chicken Tenders w/ Ranch Cup WG Roll Steamed Broccoli Fresh Apple Variety of Milk	April 30 Turkey & Cheese Sub Potato Wedges Chilled Peaches Variety of Milk	

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