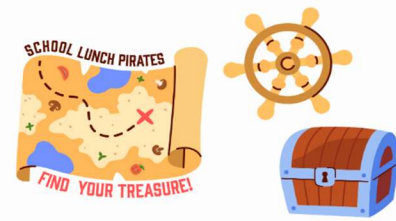




Celebrate National School Lunch Week

#NSLW



Carter G. Woodson HS Lunch Menu

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	October 1 Turkey & Cheese Sub Potato Wedges California Blend Veggies Mixed Fruit Fresh Banana Choice of Milk	October 2 Macaroni & Cheese WG Roll Green Beans Sweet Potatoes Chilled Pears Fresh Apple Choice of Milk	October 3 Chicken Taco on WG Tortilla Mexican Corn Pinto Beans Chilled Peaches Fresh Fruit Choice of Milk	October 4 Chicken Nuggets WG Roll Broccoli & Cheese Mashed Potatoes Applesauce Mandarin Oranges Choice of Milk
October 7 Cheese Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Fresh Apple Choice of Milk	October 8 Cheeseburger on WG Bun Sweet Yellow Corn Coleslaw Chilled Mixed Fruit Fresh Banana Choice of Milk	October 9 BBQ Meatballs w/ WG Roll Green Beans Steamed Carrots Chilled Pears Fresh Apple Choice of Milk	October 10 Chicken & Waffles Spinach Potato Wedges Fresh Fruit Chilled Peaches Choice of Milk	October 11 No School
October 14 No School	October 15 Beefy Nachos w/ Cheese Sweet Yellow Corn Pinto Beans Mixed Fruit Fresh Banana Choice of Milk	October 16 Buffalo Chicken Bites WG Roll Steamed Broccoli California Veggies Chilled Pears Fresh Apple Choice of Milk	October 17 Beef Hot Dog on WG Bun Potato Wedges Coleslaw Fresh Fruit Chilled Peaches Choice of Milk	October 18 Chicken Sandwich on WG Bun Green Beans Sweet Potatoes Applesauce Mandarin Oranges Choice of Milk
October 21 Cheese Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Fresh Apple Choice of Milk	October 22 Chicken Nuggets w/ WG Roll Green Beans California Blend Veggies Mixed Fruit Fresh Banana Choice of Milk	October 23 Cheeseburger on WG Bun Spinach Sweet Potato Fries Chilled Peaches Fresh Apple Choice of Milk	October 24 Corn Dog Potato Wedges Mixed Veggies Fresh Apple Fresh Fruit Choice of Milk	October 25 Beefy Burrito Bowl w/ Rice & Tortilla Chips Pinto Beans Sweet Yellow Corn Applesauce Mandarin Oranges Choice of Milk
October 28 Cheese Pizza Garden Salad Carrot Sticks w/ Ranch Pineapple Tidbits Fresh Apple Choice of Milk	October 29 Turkey & Cheese Sub Potato Wedges California Blend Veggies Mixed Fruit Fresh Banana Choice of Milk	October 30 Macaroni & Cheese WG Roll Green Beans Sweet Potatoes Chilled Pears Fresh Apple Choice of Milk	October 31 Chicken Taco on WG Tortilla Mexican Corn Pinto Beans Chilled Peaches Fresh Orange Choice of Milk	

Nutrition Byte

Find Your Treasure with School Lunch

*Menu subject to change

Did you know October 14-18 is National School Lunch Week? The #NSLW2024 theme is "Find Your Treasure with School Lunch". Students can explore a world of flavors and foods and be ready for their next adventure by eating school lunch. School meals help students succeed in and out of the classroom.

School lunch offers students choices of whole grains, fruits, vegetables, lean proteins, and milk to fuel their day. Students who eat school meals have more focus in class and better test scores.

During NSLW, School Nutrition professionals, school staff and students will find ways to celebrate with their schools and districts through special menus, events, activities, and more. The 2024 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs.

For #NSLW2024 and all month, let's recognize our amazing, dedicated #NCSchoolNutritionHeroes for providing appealing, nutritious meals with a kind word, thank you note, social media post, etc. **Nutrilink:** For more info about school meals and NSLW, go to www.schoolnutrition.org.