



Carter G. Woodson School Breakfast Menu

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		October 1 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	October 2 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	October 3 Assorted WG Muffin Variety of 100% Juice Fresh Apple Choice of Milk
October 6 WG Cinnamon Roll Variety of 100% Juice Chilled Applesauce Choice of Milk	October 7 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	October 8 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	October 9 Chicken Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	October 10 WG Apple Frudel Variety of 100% Juice Fresh Apple Choice of Milk
October 13 No School	October 14 No School	October 15 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	October 16 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	October 17 Assorted WG Muffin Variety of 100% Juice Fresh Apple Choice of Milk
October 20 WG Strawberry Bagel Variety of 100% Juice Chilled Applesauce Choice of Milk	October 21 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	October 22 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	October 23 Chicken Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	October 24 WG Apple Frudel Variety of 100% Juice Fresh Apple Choice of Milk
October 27 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	October 28 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	October 29 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	October 30 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	October 31 Assorted WG Muffin Variety of 100% Juice Fresh Apple Choice of Milk

Nutrition Byte

Taste the World with School Lunch

*Menu subject to change.

Did you know October 13-17 is National School Lunch Week? The #NSLW2025 theme is "Taste the World 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 2025 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs.

For #NSLW2025 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.