



Carter G. Woodson School HS Lunch Menu

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		October 1 Chicken Bites w/ Honey Mustard Dipping Cup WG Roll Steamed Broccoli Mashed Potatoes Chilled Pears Fresh Apple Variety of Milk	October 2 Beef Hot Dog on WG Bun Potato Wedges Coleslaw Chilled Peaches Fresh Fruit Variety of Milk	October 3 Chicken Sandwich on WG Bun Green Beans Sweet Potatoes Applesauce Mandarin Oranges Variety of Milk
October 6 Cheese or Hamburger Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Fresh Apple Variety of Milk	October 7 Cheeseburger on WG Bun Baked Beans Mashed Potatoes Mixed Fruit Fresh Banana Variety of Milk	October 8 Orange Chicken Bites WG Roll Steamed Broccoli Sweet Potatoes Chilled Pears Fresh Apple Variety of Milk	October 9 Turkey & Cheese Sub Potato Wedges Green Peas Chilled Peaches Fresh Fruit Variety of Milk	October 10 Chicken Nuggets WG Roll Green Beans Sweet Yellow Corn Applesauce Mandarin Oranges Variety of Milk
October 13 No School	October 14 No School	October 15 Chicken Tenders w/ Ranch Cup WG Roll Steamed Broccoli Mashed Potatoes Chilled Peaches Fresh Fruit Variety of Milk	October 16 Mac & Cheese WG Roll Green Beans Mixed Veggies Chilled Pears Fresh Apple Variety of Milk	October 17 Cheeseburger on WG Bun Baked Beans Coleslaw Mixed Fruit Mandarin Oranges Variety of Milk
October 20 Cheese or Hamburger Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Fresh Apple Variety of Milk	October 21 Beef Tacos w/ Cheese, Lettuce, Rice Pinto Beans Sweet Yellow Corn Mixed Fruit Fresh Banana Variety of Milk	October 22 Chicken Bites w/ Honey Mustard Dipping Cup WG Roll Steamed Broccoli Mashed Potatoes Chilled Pears Fresh Apple Variety of Milk	October 23 Beef Hot Dog on WG Bun Potato Wedges Coleslaw Chilled Peaches Fresh Fruit Variety of Milk	October 24 Chicken Sandwich on WG Bun Green Beans Sweet Potatoes Applesauce Mandarin Oranges Variety of Milk
October 27 Cheese or Hamburger Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Fresh Apple Variety of Milk	October 28 Cheeseburger on WG Bun Baked Beans Mashed Potatoes Mixed Fruit Fresh Banana Variety of Milk	October 29 Orange Chicken Bites WG Roll Steamed Broccoli Sweet Potatoes Chilled Pears Fresh Apple Variety of Milk	October 30 Turkey & Cheese Sub Potato Wedges Green Peas Chilled Peaches Fresh Fruit Variety of Milk	October 31 Chicken Nuggets WG Roll Green Beans Sweet Yellow Corn Mandarin Oranges Applesauce Variety of Milk

Nutrition Byte

Taste the World with School Lunch

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.

*Menu subject to change.

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.