



Carter G. Woodson School Breakfast Menu

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
February 2 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	February 3 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	February 4 Assorted WG Cereal w/ WG Graham Crackers -or- Nutri-grain Bar w/ Mozzarella Cheese Stick Variety of 100% Juice Mixed Fruit Choice of Milk	February 5 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	February 6 Assorted WG Muffin WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk
February 9 Assorted WG Cereal w/ WG Graham Crackers -or- Nutri-grain Bar w/ Mozzarella Cheese Stick Variety of 100% Juice Mixed Fruit Choice of Milk	February 10 WG Pancakes w/ Syrup WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	February 11 WG Strawberry Bagel Variety of 100% Juice Chilled Applesauce Choice of Milk	February 12 Chicken Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	February 13 WG Apple Frudel Variety of 100% Juice Fresh Apple Choice of Milk
February 16 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	February 17 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	February 18 Assorted WG Cereal w/ WG Graham Crackers -or- Nutri-grain Bar w/ Mozzarella Cheese Stick Variety of 100% Juice Mixed Fruit Choice of Milk	February 19 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	February 20 Assorted WG Muffin WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk
February 23 WG Strawberry Bagel Variety of 100% Juice Chilled Applesauce Choice of Milk	February 24 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	February 25 Assorted WG Cereal w/ WG Graham Crackers -or- Nutri-grain Bar w/ Mozzarella Cheese Stick Variety of 100% Juice Mixed Fruit Choice of Milk	February 26 Chicken Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	February 27 WG Apple Frudel Variety of 100% Juice Fresh Apple Choice of Milk

Nutrition Byte

Discover the Power of Nutrition

*Menu subject to change.

Plan ahead to celebrate National Nutrition Month® (NNM) in March! Each March the Academy of Nutrition and Dietetics recognizes National Nutrition Month®. Plan to celebrate with your family, at your school, and in the community.

Nutrilink: Find a registered dietitian nutritionist (RDN), nutrition tips, and #NNM info at www.eatright.org.

The 2026 NNM theme is “Discover the Power of Nutrition”, an emphasis on nutrition's role in helping individuals and communities thrive. This theme highlights that food is more than just nutrition—it's a powerful tool that connects people to their health, culture, and community! Health, traditions, and access can all impact the foods we eat. The food we eat also affects our health.

Participating in School Nutrition Programs offers students not only a nutritious meal but also an opportunity to connect with fellow students, teachers, and School Nutrition professionals. School meals can truly make a difference for students.

School meals offer choices of entrées, sides, and lowfat or fat free milk daily. Many schools participate in farm to school and feature North Carolina-grown ingredients. Meals include a variety of whole grains, lean proteins, fruits, and vegetables with tasty, creative recipes that appeal to students. **Nutrilink:** Try recipes from the N.C. Jr. Chef Competition, <https://go.ncdpi.gov/ncjrchef>, and N.C. K-12 Culinary Institute, <https://go.ncdpi.gov/nck12culinaryinstitute>.