



Carter G. Woodson School Breakfast Menu

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
September 1 No School	September 2 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	September 3 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	September 4 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	September 5 Assorted WG Muffin Variety of 100% Juice Fresh Apple Choice of Milk
September 8 WG Cinnamon Roll Variety of 100% Juice Chilled Applesauce Choice of Milk	September 9 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	September 10 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	September 11 Chicken Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	September 12 WG Apple Frudel Variety of 100% Juice Fresh Apple Choice of Milk
September 15 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	September 16 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	September 17 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	September 18 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	September 19 Assorted WG Muffin Variety of 100% Juice Fresh Apple Choice of Milk
September 22 WG Cinnamon Roll Variety of 100% Juice Chilled Applesauce Choice of Milk	September 23 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	September 24 Assorted WG Cereal WG Graham Crackers Variety of 100% Juice Mixed Fruit Choice of Milk	September 25 Chicken Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	September 26 WG Apple Frudel Variety of 100% Juice Fresh Apple Choice of Milk
September 29 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	September 30 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk			

Nutrition Byte

Taste & Learn About Local Produce

*Menu subject to change.

Did you know you can find North Carolina-grown products in grocery stores, farmers markets, roadside stands, and schools across the state? "Goodness Grows in North Carolina!"

For National Fruits & Veggies Month in September and Farm to School and Early Care and Education Month in October, plan to participate in the N.C. Crunch. The N.C. Crunch is an opportunity for youth and adults to taste and learn about North Carolina-grown fruits and veggies with their schools, early care and education centers, organizations, and

families. Everyone can participate! Share photos on social media of you tasting and learning about N.C. produce using #NCCrunch. **Nutrilink:** Learn more and sign up at <https://growing-minds.org/north-carolina-crunch>. Receive a free guide with tips, templates, and links to resources.

The N.C. Crunch is also an opportunity to recognize all those involved in feeding our youth and communities—farmers, distributors, school nutrition professionals, transportation professionals and more. Let's thank our dedicated #FarmtoSchoolHeroes across the state!