



Carter G. Woodson School HS Lunch Menu

April 2026

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

Nutrition Byte

Plant an Incredible Edible Garden

*Menu subject to change.

April is Garden Month! Gardening allows you to be outside, get some exercise, and grow produce and herbs for tasty meals and snacks. It can help you learn about different plants, build or practice gardening skills, save money by growing your own food, and reduce stress. Gardening offers an opportunity to spend time with friends or family, practice communication and teamwork, and enhance problem solving. You can also build community by connecting with other local gardeners and protecting the environment.

You do not need lots of space or expertise to garden. You can have a windowsill garden, container garden, raised bed garden, or a garden plot. Part of the fun of gardening is trying out new seeds or plants and seeing what you can grow.

Try these gardening tips:

- Pick a fruit, vegetable, or herb you would like to grow.
- Find the best time to plant, the type of soil it likes, and how much sun, water, and space it needs to grow.