



Carter G. Woodson School HS Lunch Menu

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			January 1	January 2
January 5 Cheese Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Fresh Apple Variety of Milk	January 6 Beef Tacos w/ Cheese, Lettuce Pinto Beans Corn Mixed Fruit Fresh Banana Variety of Milk	January 7 Chicken Bites w/ Honey Mustard Dipping Cup WG Roll Steamed Broccoli Mashed Potatoes Pears Fresh Apple Variety of Milk	January 8 Beef Hot Dog on WG Bun Potato Wedges Coleslaw Fresh Fruit Chilled Peaches Variety of Milk	January 9 Chicken Sandwich on WG Bun Green Beans Sweet Potatoes Applesauce Mandarin Oranges Variety of Milk
January 12 Cheese Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Fresh Apple Variety of Milk	January 13 Cheeseburger on WG Bun Baked Beans Mashed Potatoes Mixed Fruit Fresh Banana Variety of Milk	January 14 Orange Chicken Bites WG Roll Steamed Broccoli Sweet Potatoes Pears Fresh Apple Variety of Milk	January 15 Turkey & Cheese Sub Potato Wedges Green Peas Fresh Fruit Chilled Peaches Variety of Milk	January 16 Chicken Nuggets WG Roll Green Beans Corn Applesauce Mandarin Oranges Variety of Milk
January 19 No School	January 20 Spaghetti w/ WG Roll Steamed Broccoli Corn Fresh Banana Mixed Fruit Variety of Milk	January 21 Chicken Tenders w/ Ranch Cup WG Roll Potato Wedges Steamed Carrots Pears Fresh Apple Variety of Milk	January 22 Mac & Cheese WG Roll Green Beans Mixed Veggies Chilled Peaches Fresh Apple Variety of Milk	January 23 Cheeseburger on WG Bun Baked Beans Coleslaw Applesauce Mandarin Oranges Variety of Milk
January 26 Cheese Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Fresh Apple Variety of Milk	January 27 Beef Tacos w/ Cheese, Lettuce Pinto Beans Corn Mixed Fruit Fresh Banana Variety of Milk	January 28 Chicken Bites w/ Honey Mustard Dipping Cup WG Roll Steamed Broccoli Mashed Potatoes Pears Fresh Apple Variety of Milk	January 29 Beef Hot Dog on WG Bun Potato Wedges Coleslaw Fresh Fruit Chilled Peaches Variety of Milk	January 30 Chicken Sandwich on WG Bun Green Beans Sweet Potatoes Applesauce Mandarin Oranges Variety of Milk

Families Making the Connection

Move Your Way – Be Active Every Day!

January is Family Fitness Month, a great time to renew or start a fitness routine with your family. Families that are active are healthier. Families that are active together have more fun!

Physical activity fosters normal growth and development, can make people feel better, function better, sleep better, and reduce the risk of chronic diseases. According to the Physical Activity Guidelines for Americans, youth ages 6-17 should be active for at least 60 minutes each day. For substantial health benefits, adults should do at least 150-300 minutes a week of moderate-intensity, or 75-150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination. Think 3 – three ways to exercise:

*Menu subject to change.

- Work out your heart.** Aerobic exercise gets your heart pumping. Dancing, swimming, biking, running, taking a brisk walk, or playing volleyball, football, basketball, soccer, pickle ball, or tennis are some options.
- Strengthen your muscles and bones.** Strengthening gives you more power, protects you from injuries, and helps you burn more calories. You don't have to lift weights. Leg lunges or squats, pull-ups, push-ups, planks, and ab crunches work.
- Keep your body flexible.** Flexibility keeps muscles and joints from getting stiff, improves performance, and protects from sprains or strains. Stretching or doing yoga, tai chi, or pilates can help.