



Carter G. Woodson School Breakfast Menu

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
March 2 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	March 3 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	March 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	March 5 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	March 6 Assorted WG Muffin WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk
March 9 No School	March 10 No School	March 11 No School	March 12 No School	March 13 No School
March 16 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	March 17 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	March 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	March 19 Turkey Sausage Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	March 20 Assorted WG Muffin WG Graham Crackers Variety of 100% Juice Fresh Apple Choice of Milk
March 23 WG Strawberry Bagel Variety of 100% Juice Chilled Applesauce Choice of Milk	March 24 WG Pancakes w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk	March 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	March 26 Chicken Biscuit Variety of 100% Juice Mandarin Oranges Choice of Milk	March 27 WG Apple Frudel Variety of 100% Juice Fresh Apple Choice of Milk
March 30 WG Pop-Tarts Variety of 100% Juice Chilled Applesauce Choice of Milk	March 31 WG French Toast Sticks w/ Syrup Variety of 100% Juice Chilled Pears Choice of Milk			

Families Making the Connection

*Menu subject to change.

Quest for School Breakfast

March 2-6 is National School Breakfast Week (NSBW), “Quest for School Breakfast”. #NSBW2026 highlights how eating a nutritious breakfast helps students be successful in the classroom and beyond. Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness.

School breakfast is a School Nutrition Program available to all public schools. All children can participate. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and lowfat or fat free milk. Every school breakfast served meets federal nutrition standards limiting calories, fat, and sodium.

School breakfast offers several connections to classroom learning—students have the opportunity to eat a healthy breakfast each school morning closer to academic instruction time, students who eat a healthy breakfast are better able to focus on classroom lessons, and students can practice the nutrition lessons they learn in the classroom by making healthy choices with school breakfast.

Learn more about NSBW at www.schoolnutrition.org/nsbw. For more info on school breakfast in our state, visit <https://go.ncdpi.gov/ncschoolmeals>