



Carter G. Woodson School K8 Lunch Menu

December 2025

Monday December 1	Tuesday December 2	Wednesday December 3	Thursday December 4	Friday December 5
Cheese or Hamburger Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Variety of Milk	Beef Hot Dog on Bun Potato Wedges Fresh Banana Variety of Milk	Chicken Tenders w/ Ranch Cup WG Roll Steamed Broccoli Chilled Peaches Variety of Milk	Mac & Cheese WG Roll Green Beans Fresh Apple Variety of Milk	Cheeseburger on WG Bun Baked Beans Mandarin Oranges Variety of Milk
December 8 Cheese or Hamburger Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Variety of Milk	December 9 Beef Tacos w/ Cheese, Lettuce, WG Rice Pinto Beans Fresh Banana Variety of Milk	December 10 Chicken Bites w/ Honey Mustard Dipping Cup WG Roll Steamed Broccoli Chilled Peaches Variety of Milk	December 11 Beef Hot Dog on WG Bun Potato Wedges Fresh Apple Variety of Milk	December 12 Chicken Sandwich on WG Bun Green Beans Mandarin Oranges Variety of Milk
December 15 Cheese or Hamburger Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Variety of Milk	December 16 Orange Chicken Bites WG Roll Potato Wedges Fresh Banana Variety of Milk	December 17 Spaghetti WG Roll Steamed Broccoli Chilled Peaches Variety of Milk	December 18 Chicken Nuggets WG Roll Green Beans Fresh Apple Variety of Milk	December 19 No School
December 22 No School	December 23 No School	December 24 No School	December 25 No School	December 26 No School
December 29 No School	December 30 No School	December 31 No School		

Nutrition Byte

*Menu subject to change.

Stop the Spread of Germs – Wash Your Hands!

Did you know December 1-7 is Handwashing Awareness Week? Handwashing is one of the best ways to stop the spread of germs that cause illness. Make sure to wash your hands well by using these steps (**Nutrilink:** fightbac.org):

- **Wet** your hands with running water. Add soap.
- **Lather** your hands with soap. Wash all surfaces on hands. Wash carefully between your fingers, around the tops and palms, over wrists, and under fingernails.
- **Scrub** your hands for at least 20 seconds.
- **Rinse** your hands well under running water.
- **Dry** your hands with a clean, disposable paper towel.
- Turn off the faucet using the disposable paper towel instead of your clean, bare hands.
- After blowing your nose, coughing or sneezing
- After using the bathroom
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After changing diapers or cleaning up someone who has used the bathroom
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

When should you wash your hands?

- Before, during and after you prepare a meal or before eating
- After handling raw meat, poultry, seafood, eggs or flour