



Carter G. Woodson School HS Lunch Menu

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
February 2 Cheese Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Fresh Apple Variety of Milk	February 3 Cheeseburger on WG Bun Baked Beans Mashed Potatoes Mixed Fruit Fresh Banana Variety of Milk	February 4 Chicken Tenders w/ Ranch Cup WG Roll Steamed Broccoli Sweet Potatoes Pears Fresh Apple Variety of Milk	February 5 Turkey & Cheese Sub Potato Wedges Green Peas Fresh Fruit Chilled Peaches Variety of Milk	February 6 Chicken Nuggets WG Roll Green Beans Corn Applesauce Mandarin Oranges Variety of Milk
February 9 Cheese Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Fresh Apple Variety of Milk	February 10 Spaghetti w/ WG Roll Green Beans Corn Fresh Banana Mixed Fruit Variety of Milk	February 11 Orange Chicken Bites WG Roll Steamed Broccoli Glazed Carrots Pears Fresh Apple Variety of Milk	February 12 Mac & Cheese WG Roll Baked Beans Mixed Veggies Chilled Peaches Fresh Fruit Variety of Milk	February 13 Cheeseburger on WG Bun Potato Wedges Coleslaw Applesauce Mandarin Oranges Variety of Milk
February 16 Cheese Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Fresh Apple Variety of Milk	February 17 Beef Tacos w/ Cheese, Lettuce Pinto Beans Corn Mixed Fruit Fresh Banana Variety of Milk	February 18 Chicken Bites w/ Honey Mustard Dipping Cup WG Roll Steamed Broccoli Mashed Potatoes Pears Fresh Apple Variety of Milk	February 19 Beef Hot Dog on WG Bun Potato Wedges Coleslaw Fresh Fruit Chilled Peaches Variety of Milk	February 20 Chicken Sandwich on WG Bun Green Beans Sweet Potatoes Applesauce Mandarin Oranges Variety of Milk
February 23 Cheese Pizza Carrot Sticks w/ Ranch Fresh Garden Salad Pineapple Tidbits Fresh Apple Variety of Milk	February 24 Cheeseburger on WG Bun Baked Beans Mashed Potatoes Mixed Fruit Fresh Banana Variety of Milk	February 25 Chicken Tenders w/ Ranch Cup WG Roll Steamed Broccoli Sweet Potatoes Pears Fresh Apple Variety of Milk	February 26 Turkey & Cheese Sub Potato Wedges Green Peas Fresh Fruit Chilled Peaches Variety of Milk	February 27 Chicken Nuggets WG Roll Green Beans Corn Applesauce Mandarin Oranges Variety of Milk

Nutrition Byte

Discover the Power of Nutrition

*Menu subject to change.

Plan ahead to celebrate National Nutrition Month® (NNM) in March! Each March the Academy of Nutrition and Dietetics recognizes National Nutrition Month®. Plan to celebrate with your family, at your school, and in the community. **Nutrilink:** Find a registered dietitian nutritionist (RDN), nutrition tips, and #NNM info at www.eatright.org.

The 2026 NNM theme is “Discover the Power of Nutrition”, an emphasis on nutrition's role in helping individuals and communities thrive. This theme highlights that food is more than just nutrition—it's a powerful tool that connects people to their health, culture, and community! Health, traditions, and access can all impact the foods we eat. The food we eat also affects our health.

Participating in School Nutrition Programs offers students not only a nutritious meal but also an opportunity to connect with fellow students, teachers, and School Nutrition professionals. School meals can truly make a difference for students.

School meals offer choices of entrées, sides, and lowfat or fat free milk daily. Many schools participate in farm to school and feature North Carolina-grown ingredients. Meals include a variety of whole grains, lean proteins, fruits, and vegetables with tasty, creative recipes that appeal to students. **Nutrilink:** Try recipes from the N.C. Jr. Chef Competition, <https://go.ncdpi.gov/ncjrchef>, and N.C. K-12 Culinary Institute, <https://go.ncdpi.gov/nck12culinaryinstitute>.