Carter G. Woodson Charter School

K-12 Breakfast Menus — October 2019

Families Making the Connection

School Lunch: What's on your Playlist?

Schools in North Carolina and across the country will celebrate National School Lunch Week (NSLW) October 14-18. The #NSLW19 student-created theme is "School Lunch: What's on your Playlist?" The theme is tailor-made to spotlight the variety of flavors and recipes available with school lunch.

Ninety-five percent of schools offer the National School Lunch Program serving 30+ million students each day. NSLW will emphasize the healthy foods offered at schools daily including whole grains, fruits, vegetables, low fat dairy and chef-inspired recipes. More schools are also serving locally-sourced produce, grains, milk, eggs, meat, poultry and seafood. School Nutrition professionals in our state have had the opportunity to participate in the N.C. K-12 Culinary Institute bringing back skills, resources and new creative, appealing recipes to local schools.

School meals are a healthy, convenient choice for students and families. Based on new standards, school meals offer more fruits, vegetables, legumes, whole grains, low fat or fat free milk and less sodium and fat in right-size portions for students. Healthy school meals give students the fuel they need to be their best.

Find info on school nutrition programs at http://childnutrition.ncpublicschools.gov.

	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
	Pop-Tart, 2 ct Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	WG Waffles w/ Syrup Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	Sausage & Cheese on WG English Muffin Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	Assorted WG Cereal w/ 4 oz Yogurt Fresh or Canned Fruit, Variety 100% Juice Choice of Milk
Monday, October 7	**Tuesday, October 8**	**Wednesday, October 9**	**Thursday, October 10**	**Friday, October 11**
WG Pancakes w/ Syrup Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	Pop-Tart, 2 ct Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	WG Waffles w/ Syrup Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	Sausage & Cheese on WG English Muffin Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	Assorted WG Cereal w/ 4 oz Yogurt Fresh or Canned Fruit, Variety 100% Juice Choice of Milk
Monday, October 14	**Tuesday, October 15**	**Wednesday, October 16**	**Thursday, October 17**	**Friday, October 18**
WG Pancakes w/ Syrup Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	Pop-Tart, 2 ct Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	WG Waffles w/ Syrup Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	Sausage & Cheese on WG English Muffin Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	Assorted WG Cereal w/ 4 oz Yogurt Fresh or Canned Fruit, Variety 100% Juice Choice of Milk
Monday, October 21	**Tuesday, October 22**	**Wednesday, October 23**	**Thursday, October 24**	**Friday, October 25**
WG Pancakes w/ Syrup Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	Pop-Tart, 2 ct Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	WG Waffles w/ Syrup Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	Sausage & Cheese on WG English Muffin Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	Assorted WG Cereal w/ 4 oz Yogurt Fresh or Canned Fruit, Variety 100% Juice Choice of Milk
Monday, October 28	**Tuesday, October 29**	**Wednesday, October 30**	**Thursday, October 31**	
WG Pancakes w/ Syrup Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	Pop-Tart, 2 ct Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	WG Waffles w/ Syrup Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	Sausage & Cheese on WG English Muffin Fresh or Canned Fruit, Variety 100% Juice Choice of Milk	

October

- National Apple Month
- National Farm to School Month
- National School Lunch Week (October 14-18)
- North Carolina Crunch (October 23)

Source: www.schoolnutrition.org

Developed by School Nutrition Services, N.C. Department of Public Instruction.
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Carter G. Woodson Charter School

K-8 Lunch Menus — October 2019

Families Making the Connection

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	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
	Mac & Cheese Green Beans Glazed Carrots Pineapple Tidbits Fresh Fruit, Variety WG Roll, 1 ea Choice of Milk	Cheeseburger on WG Bun Cole Slaw Sweet Green Peas Chilled Peaches Fresh Fruit, Variety Choice of Milk	Beefy Nachos w/ Tortilla Chips Pinto Beans Sweet Potato Fries Fruit Cocktail Fresh Fruit, Variety Choice of Milk	Cheese Pizza Sweet Yellow Corn Tossed Green Salad Applesauce Fresh Fruit, Variety Choice of Milk
Monday, October 7	**Tuesday, October 8**	**Wednesday, October 9**	**Thursday, October 10**	**Friday, October 11**
Baked Spaghetti Green Beans Fresh Carrots w/ Dip Fruit Cocktail Fresh Fruit, Variety WG Roll (1 ea) Choice of Milk	Chicken Fillet Sandwich on WG Bun Cole Slaw Broccoli & Cheese Chilled Pears Fresh Fruit, Variety Choice of Milk	Hot Dog on WG Bun Oven Fries Baked Beans Applesauce Fresh Fruit, Variety Choice of Milk	Fried Chicken Leg Pinto Beans Sweet Potato Fries Chilled Peaches Fresh Fruit, Variety WG Roll (1 ea) Choice of Milk	Cheese Pizza Sweet Yellow Corn Tossed Green Salad Pineapple Tidbits Fresh Fruit, Variety Choice of Milk
Monday, October 14	**Tuesday, October 15**	**Wednesday, October 16**	**Thursday, October 17**	**Friday, October 18**
Chicken Nuggets Broccoli & Cheese Fresh Carrots w/ Dip Applesauce Fresh Fruit, Variety WG Roll, 1 ea Choice of Milk	WG Corn Dog Baked Beans Oven Fries Chilled Peaches Fresh Fruit, Variety Choice of Milk	Sloppy Joe on WG Bun Green Beans Glazed Sweet Potatoes Chilled Pears Fresh Fruit, Variety Choice of Milk	Fish Sticks Pinto Beans Mashed Potatoes Pineapple Tidbits Fresh Fruit, Variety WG Roll, 1 ea Choice of Milk	Cheese Pizza Sweet Yellow Corn Tossed Green Salad Fruit Cocktail Fresh Fruit, Variety Choice of Milk
Monday, October 21	**Tuesday, October 22**	**Wednesday, October 23**	**Thursday, October 24**	**Friday, October 25**
BBQ Chicken Leg Mashed Potatoes Broccoli & Cheese Chilled Pears Fresh Fruit, Variety WG Roll, 1 ea Choice of Milk	Mac & Cheese Green Beans Glazed Carrots Pineapple Tidbits Fresh Fruit, Variety WG Roll, 1 ea Choice of Milk	Cheeseburger on WG Bun Cole Slaw Sweet Green Peas Chilled Peaches Fresh Fruit, Variety Choice of Milk	Beefy Nachos w/ Tortilla Chips Pinto Beans Sweet Potato Fries Fruit Cocktail Fresh Fruit, Variety Choice of Milk	Cheese Pizza Sweet Yellow Corn Tossed Green Salad Applesauce Fresh Fruit, Variety Choice of Milk
Monday, October 28	**Tuesday, October 29**	**Wednesday, October 30**	**Thursday, October 31**	
Baked Spaghetti Green Beans Fresh Carrots w/ Dip Fruit Cocktail Fresh Fruit, Variety WG Roll (1 ea) Choice of Milk	Chicken Fillet Sandwich on WG Bun Cole Slaw Broccoli & Cheese Chilled Pears Fresh Fruit, Variety Choice of Milk	Hot Dog on WG Bun Oven Fries Baked Beans Applesauce Fresh Fruit, Variety Choice of Milk	Fried Chicken Leg Pinto Beans Sweet Potato Fries Chilled Peaches Fresh Fruit, Variety WG Roll (1 ea) Choice of Milk	

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Carter G. Woodson Charter School

9-12 Lunch Menus — October 2019

Families Making the Connection

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	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
	Mac & Cheese Green Beans Glazed Carrots Pineapple Tidbits Fresh Fruit, Variety WG Roll, 1 ea Choice of Milk	Cheeseburger on WG Bun Cole Slaw Sweet Green Peas Chilled Peaches Fresh Fruit, Variety Choice of Milk	Beefy Nachos w/ Tortilla Chips Pinto Beans Sweet Potato Fries Fruit Cocktail Fresh Fruit, Variety Choice of Milk	Cheese Pizza Sweet Yellow Corn Tossed Green Salad Applesauce Fresh Fruit, Variety Choice of Milk
Monday, October 7	**Tuesday, October 8**	**Wednesday, October 9**	**Thursday, October 10**	**Friday, October 11**
Baked Spaghetti Green Beans Fresh Carrots w/ Dip Fruit Cocktail Fresh Fruit, Variety WG Roll (1 ea) Choice of Milk	Chicken Fillet Sandwich on WG Bun Cole Slaw Broccoli & Cheese Chilled Pears Fresh Fruit, Variety Choice of Milk	Hot Dog on WG Bun Oven Fries Baked Beans Applesauce Fresh Fruit, Variety Choice of Milk	Fried Chicken Leg Pinto Beans Sweet Potato Fries Chilled Peaches Fresh Fruit, Variety WG Roll (2 ea) Choice of Milk	Cheese Pizza Sweet Yellow Corn Tossed Green Salad Pineapple Tidbits Fresh Fruit, Variety Choice of Milk
Monday, October 14	**Tuesday, October 15**	**Wednesday, October 16**	**Thursday, October 17**	**Friday, October 18**
Chicken Nuggets Broccoli & Cheese Fresh Carrots w/ Dip Applesauce Fresh Fruit, Variety WG Roll, 2 ea Choice of Milk	WG Corn Dog Baked Beans Oven Fries Chilled Peaches Fresh Fruit, Variety Choice of Milk	Sloppy Joe on WG Bun Green Beans Glazed Sweet Potatoes Chilled Pears Fresh Fruit, Variety Choice of Milk	Fish Sticks Pinto Beans Mashed Potatoes Pineapple Tidbits Fresh Fruit, Variety WG Roll, 1 ea Choice of Milk	Cheese Pizza Sweet Yellow Corn Tossed Green Salad Fruit Cocktail Fresh Fruit, Variety Choice of Milk
Monday, October 21	**Tuesday, October 22**	**Wednesday, October 23**	**Thursday, October 24**	**Friday, October 25**
BBQ Chicken Leg Mashed Potatoes Broccoli & Cheese Chilled Pears Fresh Fruit, Variety WG Roll, 2 ea Choice of Milk	Mac & Cheese Green Beans Glazed Carrots Pineapple Tidbits Fresh Fruit, Variety WG Roll, 1 ea Choice of Milk	Cheeseburger on WG Bun Cole Slaw Sweet Green Peas Chilled Peaches Fresh Fruit, Variety Choice of Milk	Beefy Nachos w/ Tortilla Chips Pinto Beans Sweet Potato Fries Fruit Cocktail Fresh Fruit, Variety Choice of Milk	Cheese Pizza Sweet Yellow Corn Tossed Green Salad Applesauce Fresh Fruit, Variety Choice of Milk
Monday, October 28	**Tuesday, October 29**	**Wednesday, October 30**	**Thursday, October 31**	
Baked Spaghetti Green Beans Fresh Carrots w/ Dip Fruit Cocktail Fresh Fruit, Variety WG Roll (1 ea) Choice of Milk	Chicken Fillet Sandwich on WG Bun Cole Slaw Broccoli & Cheese Chilled Pears Fresh Fruit, Variety Choice of Milk	Hot Dog on WG Bun Oven Fries Baked Beans Applesauce Fresh Fruit, Variety Choice of Milk	Fried Chicken Leg Pinto Beans Sweet Potato Fries Chilled Peaches Fresh Fruit, Variety WG Roll (2 ea) Choice of Milk	

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