CARTER G.WOODSON

9-12 LUNCH MENU

Lunch Menus for November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
November 2 Cheese & Pepperoni Pizza Carrots Sticks Salad w/ Ranch Pineapples, Apple 1%/skim milk/whole milk	**November 3** NO SCHOOL	**November 4** Beef Hot dog WG Hot Bun Potato Wedges, Coleslaw Fresh Banana, Mixed Fruit 1%/skim milk/whole milk	**November 5** Chicken Tenders w / Ranch Steamed Broccoli WG Roll, Peaches, Fresh Oranges Mixed Veggies 1%/skim milk/whole milk	**November 6** Walking Taco w cheese, lettuce, taco sauce & sour cream Black Beans, Corn, Applesauce, Mandarin Oranges Apple Slices 1%/skim milk/whole milk
November 9 Cheese & Pepperoni Pizza Carrots Sticks Salad w/ Ranch Pineapples, Apple 1%/skim milk/whole milk	**November 10** Chicken Fajitas w cheese, lettuce, taco sauce & sour cream Pinto Beans, Corn WG Tortilla Fresh Banana, 1%/skim milk/whole milk	**November 11** NO SCHOOL	**November 12** Cheese Burger w Ketchup and Mustard Green Beans, Corn Orange, Peaches 1%/skim milk/whole milk	**November 13** Chicken Sandwich WG Bun, Broccoli Mandarin Oranges, Applesauce., Mashed potatoes 1%/skim milk/whole milk
November 16 Cheese & Pepperoni Pizza Carrots Sticks Salad w/ Ranch Pineapples, Apple 1%/skim milk/whole milk	**November 17** Beef Taco w cheese, lettuce, taco sauce & sour cream Pinto Beans, Corn WG Tortilla Fresh Banana, Pears 1%/skim milk/whole milk	**November 18** Penne Chicken Alfedo Green Beans WG Roll, Apple Slices, Mixed Fruit, Steamed Carrots 1%/skim milk/whole milk	**November 19** Orange Chicken Bites Broccoli, Rice WG Roll, Peaches, Orange, Sweet Potatoes 1%/skim milk/whole milk	**November 20** Roasted Turkey/ Gravy Stuffing Green Beans Sweet Potatoes WG Roll Mandarin Oranges 1%/skim milk/whole milk
November 23 NO SCHOOL	**November 24** NO SCHOOL	**November 25** NO SCHOOL	**November 26** NO SCHOOL	**November 27** NO SCHOOL
November 30 Cheese & Pepperoni Pizza Carrots Sticks Salad w/ Ranch Pineapples, Apple 1%/skim milk/whole milk				

Families Making the Connection

Be Active Every Day for Fitness Benefits! Did you know May is National Physical Fitness and Sports Month? Sports and fitness activities help you:

- Develop stronger muscles, bones, and joints
- Improve coordination, balance, and flexibility
- Enhance attention, memory, and problem-solving
- Sleep better
- Make friends
- Build healthy habits for a lifetime

What can you do?

- Turn on some music, dance, and sing.
- Play basketball, soccer, tennis, pickleball, or another sport.

North Carolina Department of PUBLIC INSTRUCTION

This institution is an equal opportunity provider.
https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition

- Get outside. Explore nature at a local park or trail.
- Play an active game with friends or family.
- Plant or work in a garden.
- Try a new activity. Spend time with others.

Celebrate Physical Fitness and Sports Month and be active every day. Kids should aim for 60 minutes and adults should aim for 30 minutes of daily physical activity. Learn more and find resources at https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines.

[Insert Public School Unit] Lunch Menus for May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				May 1 Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk
May 4 Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk	**May 5** Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk	**May 6** Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk	**May 7** Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk	**May 8** Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk
May 11 Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk	**May 12** Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk	**May 13** Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk	**May 14** Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk	**May 15** Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk
May 18 Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk	**May 19** Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk	**May 20** Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk	**May 21** Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk	**May 22** Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk
May 25 Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk	**May 26** Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk	**May 27** Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk	**May 28** Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk	**May 29** Entrée Entrée Vegetable Vegetable Fruit Fruit Lowfat or Fat Free Milk

Families Making the Connection

Be Active Every Day for Fitness Benefits!

Did you know May is National Physical Fitness and Sports Month? Sports and fitness activities help you:

- Develop stronger muscles, bones, and joints
- Improve coordination, balance, and flexibility
- Enhance attention, memory, and problem-solving
- Boost academic performance
- Work on cooperation, communication, and leadership
- Reduce stress and anxiety and build self-esteem
- Sleep better
- Make friends
- Build healthy habits for a lifetime

What can you do?

- Turn on some music, dance, and sing.

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- Take a walk or go for a run or bike ride.
- Play basketball, soccer, tennis, pickleball, or another sport.
- Get outside. Explore nature at a local park or trail.
- Play an active game with friends or family.
- Plant or work in a garden.
- Try a new activity. Spend time with others.

Celebrate Physical Fitness and Sports Month and be active every day. Kids should aim for 60 minutes and adults should aim for 30 minutes of daily physical activity. Learn more and find resources at https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines.

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