



Williams Academy Breakfast Menu

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
November 2 WG French Toast Sticks WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Applesauce Variety of Juice Choice of Milk	November 3 Sausage, Egg & Cheese on WG English Muffin WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	November 4 WG Sweet Bun WG Cereal w/ WG Graham Crackers WG Blueberry Bagel Chilled Peaches Variety of Juice Choice of Milk	November 5 Chicken Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	November 6 WG Dunkin Stix WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk
November 9 WG Pancakes WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Mixed Fruit Variety of Juice Choice of Milk	November 10 Sausage Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	November 11 No School	November 12 Bacon, Egg & Cheese on WG English Muffin WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	November 13 WG Apple Strudel WG Cereal w/ WG Graham Crackers WG Pop-Tarts Mandarin Oranges Variety of Juice Choice of Milk
November 16 WG Waffle WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Applesauce Variety of Juice Choice of Milk	November 17 Scrambled Eggs, Bacon, Grits WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	November 18 WG Cinnamon Roll WG Cereal w/ WG Graham Crackers WG Blueberry Bagel Chilled Peaches Variety of Juice Choice of Milk	November 19 Biscuit w/ Sausage Gravy WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	November 20 WG Blueberry Bread Slice WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk
November 23 No School	November 24 No School	November 25 No School	November 26 No School	November 27 No School
November 30 WG Pancakes WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Mixed Fruit Variety of Juice Choice of Milk				

Nutrition Byte

*Menu subject to change.

Celebrate #NCFarmers from the Mountains to the Sea!

In 2023, the North Carolina General Assembly established N.C. Farmer Appreciation Day in November as an opportunity to thank all our farmers and farm families. The third inaugural event is November 5, 2026. North Carolina is rich in agriculture from the mountains to the sea. The farmers that produce food, fiber, and fuel in our state do so with heart and pride. Learn more and find resources to celebrate our farmers and all they produce at <https://www.ncfarmerappreciation.com>. Recognize and thank #NCFarmers on social media using #NCFarmersAppreciationDay and #MountaintoSea. Tag @NCFarmersAppreciationDay. Did you know? Agriculture is North Carolina's #1 industry with an economic impact of over \$100 billion dollars annually. There are 74,062 farmers and 46,000 farms in the state. 1,827 are centennial farms and 27 are bicentennial. N.C. ranks 3rd for agriculture diversity and is a top producer of sweetpotatoes, cucumbers, eggs, poultry, pork, and more. Most North Carolina schools participate in farm to school activities and serve locally grown foods in school meals. **Nutrilink:** Learn more at <https://www.ncfb.org/ag-in-the-classroom>, <https://gottobenc.com>, and <https://ncfarmtoschool.com>.