



Williams Academy Breakfast Menu

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				August 1
August 4	August 5	August 6 WG Cinnamon Roll WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Peaches Variety of Juice Choice of Milk	August 7 Biscuit w/ Sausage Gravy WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	August 8 WG Blueberry Bread Slice WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk
August 11 WG French Toast Sticks WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Applesauce Variety of Juice Choice of Milk	August 12 Sausage, Egg & Cheese on WG Croissant WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	August 13 WG Sweet Bun WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Peaches Variety of Juice Choice of Milk	August 14 Chicken Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	August 15 WG Dunkin Stix WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk
August 18 WG Pancakes WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Mixed Fruit Variety of Juice Choice of Milk	August 19 Sausage Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	August 20 WG Banana Bread Slice WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pears Variety of Juice Choice of Milk	August 21 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	August 22 WG Apple Strudel WG Cereal w/ WG Graham Crackers WG Pop-Tarts Mandarin Oranges Variety of Juice Choice of Milk
August 25 WG Waffle WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Applesauce Variety of Juice Choice of Milk	August 26 Scrambled Eggs, Grits, WG Toast WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	August 27 WG Cinnamon Roll WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Peaches Variety of Juice Choice of Milk	August 28 Biscuit w/ Sausage Gravy WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	August 29 WG Blueberry Bread Slice WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk

Families Making the Connection

School Meals Make a Difference!

*Menu subject to change.

All public schools in North Carolina offer school lunch. Most also offer school breakfast. All students can participate in school meal programs. Families can apply to see if they qualify for school meal benefits for their students. Ask your school about a meal application.

Many students and their families depend on school meals. School meals offer a variety of lean proteins, whole grains, fruits, vegetables, lowfat or fat free dairy, and locally grown ingredients. School meals make a difference!

There are many benefits to school meals:

- Research shows that students who participate in school meal programs consume more whole grains, milk, fruits, and vegetables.
- Students who eat school meals have better attendance, more focus in class, and improved academic performance.
- Participation in School Nutrition Programs supports social emotional learning.
- School meals are a nutritious, convenient choice for families.
- Eating school meals supports local School Nutrition Programs, farmers, and communities.