



## Williams Academy HS Lunch Menu

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>September 1</b> No School	<b>September 2</b> Spaghetti w/ Meat Sauce WG Roll Garden Salad Black-eye Peas Chilled Peaches Fresh Fruit Choice of Milk	<b>September 3</b> Chicken Fajitas Black Beans Sweet Yellow Corn Chilled Peas Fresh Fruit Choice of Milk	<b>September 4</b> Sloppy Joe on WG Bun Broccoli & Cheese Coleslaw Mandarin Oranges Fresh Fruit Choice of Milk	<b>September 5</b> Turkey Club Croissant Sweet Potato Fries Green Beans Mandarin Slices Fresh Fruit Choice of Milk
<b>September 8</b> Hamburger or Cheeseburger on WG Bun Tater Tots Baked Beans Mixed Fruit Fresh Fruit Choice of Milk	<b>September 9</b> Chicken Parmesan WG Roll Green Beans Mixed Vegetables Chilled Peas Fresh Fruit Choice of Milk	<b>September 10</b> Beefy Nachos Pinto Beans Sweet Yellow Corn Fresh Apple Slices Fresh Fruit Choice of Milk	<b>September 11</b> General Tso Chicken WG Fried Rice Steamed Broccoli Glazed Carrots Pineapple Fresh Fruit Choice of Milk	<b>September 12</b> Pizza Sticks w/ Marinara Carrot Sticks w/ Dip Garden Salad Peaches Fresh Fruit Choice of Milk
<b>September 15</b> Chicken & Cheese Quesadilla Sweet Yellow Corn Black Beans Chilled Peas Fresh Fruit Choice of Milk	<b>September 16</b> WG Cheese or Pepperoni Pizza Carrot Sticks with Dip Garden Salad Fresh Apple Slices Fresh Fruit Choice of Milk	<b>September 17</b> Chicken Ranch Wrap Broccoli w/ Dip Black-eye Peas Applesauce Fresh Fruit Choice of Milk	<b>September 18</b> WG Corn Dog Baked Beans Potato Wedges Mandarin Oranges Fresh Fruit Choice of Milk	<b>September 19</b> Chicken Sandwich on WG Bun Green Beans Glazed Sweet Potatoes Mixed Fruit Fresh Fruit Choice of Milk
<b>September 22</b> Crispy Chicken Leg WG Roll Green Beans Mashed Potatoes Baked Apples Fresh Fruit Choice of Milk	<b>September 23</b> Hot Dog on WG Bun Tater Tots Baked Beans Mandarin Oranges Fresh Fruit Choice of Milk	<b>September 24</b> Chicken & WG Waffles Steamed Broccoli Sweet Potato Fries Chilled Peas Fresh Fruit Choice of Milk	<b>September 25</b> Meatball Sub Garden Salad Carrot Sticks w/ Dip Pineapple Fresh Fruit Choice of Milk	<b>September 26</b> Beef Tacos Pinto Beans Sweet Yellow Corn Chilled Peaches Fresh Fruit Choice of Milk
<b>September 29</b> Chicken Tenders WG Roll Mashed Potatoes Glazed Carrots Applesauce Fresh Fruit Choice of Milk	<b>September 30</b> Spaghetti w/ Meat Sauce WG Roll Garden Salad Black-eye Peas Chilled Peaches Fresh Fruit Choice of Milk			

## Nutrition Byte

### Taste & Learn About Local Produce

\*Menu subject to change.

Did you know you can find North Carolina-grown products in grocery stores, farmers markets, roadside stands, and schools across the state? "Goodness Grows in North Carolina!"

For National Fruits & Veggies Month in September and Farm to School and Early Care and Education Month in October, plan to participate in the N.C. Crunch. The N.C. Crunch is an opportunity for youth and adults to taste and learn about North Carolina-grown fruits and veggies with their schools, early care and education centers, organizations, and

families. Everyone can participate! Share photos on social media of you tasting and learning about N.C. produce using #NCCrunch. **Nutrilink:** Learn more and sign up at <https://growing-minds.org/north-carolina-crunch>. Receive a free guide with tips, templates, and links to resources.

The N.C. Crunch is also an opportunity to recognize all those involved in feeding our youth and communities—farmers, distributors, school nutrition professionals, transportation professionals and more. Let's thank our dedicated #FarmtoSchoolHeroes across the state!