



Williams Academy Breakfast Menu

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		October 1 WG Banana Bread Slice WG Cereal w/ WG Toast WG Pop-Tarts Chilled Pears Variety of Juice Choice of Milk	October 2 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	October 3 WG Apple Strudel WG Cereal w/ WG Toast WG Pop-Tarts Mandarin Oranges Variety of Juice Choice of Milk
October 6 WG Waffle WG Cereal w/ WG Toast WG Pop-Tarts Chilled Applesauce Variety of Juice Choice of Milk	October 7 Scrambled Eggs, Grits, WG Toast WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	October 8 No School	October 9 No School	October 10 No School
October 13 No School	October 14 Sausage, Egg & Cheese on WG Croissant WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	October 15 WG Sweet Bun WG Cereal w/ WG Toast WG Pop-Tarts Chilled Peaches Variety of Juice Choice of Milk	October 16 Chicken Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	October 17 WG Dunkin Stix WG Cereal w/ WG Toast WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk
October 20 WG Pancakes WG Cereal w/ WG Toast WG Pop-Tarts Chilled Mixed Fruit Variety of Juice Choice of Milk	October 21 Sausage Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	October 22 WG Banana Bread Slice WG Cereal w/ WG Toast WG Pop-Tarts Chilled Pears Variety of Juice Choice of Milk	October 23 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	October 24 WG Apple Strudel WG Cereal w/ WG Toast WG Pop-Tarts Mandarin Oranges Variety of Juice Choice of Milk
October 27 WG Waffle WG Cereal w/ WG Toast WG Pop-Tarts Chilled Applesauce Variety of Juice Choice of Milk	October 28 Scrambled Eggs, Bacon, WG Toast WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	October 29 WG Cinnamon Roll WG Cereal w/ WG Toast WG Pop-Tarts Chilled Peaches Variety of Juice Choice of Milk	October 30 Biscuit w/ Sausage Gravy WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	October 31 WG Blueberry Bread Slice WG Cereal w/ WG Toast WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk

Nutrition Byte

Taste the World with School Lunch

*Menu subject to change.

Did you know October 13-17 is National School Lunch Week? The #NSLW2025 theme is "Taste the World with School Lunch". Students can explore a world of flavors and foods and be ready for their next adventure by eating school lunch. School meals help students succeed in and out of the classroom. School lunch offers students choices of whole grains, fruits, vegetables, lean proteins, and milk to fuel their day. Students who eat school meals have more focus in class and better test scores.

During NSLW, School Nutrition professionals, school staff and students will find ways to celebrate with their schools and districts through special menus, events, activities, and more. The 2025 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs. For #NSLW2025 and all month, let's recognize our amazing, dedicated #NCSchoolNutritionHeroes for providing appealing, nutritious meals with a kind word, thank you note, social media post, etc. **Nutrilink:** www.schoolnutrition.org.