



Williams Academy HS Lunch Menu

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		October 1 Chicken Fajitas Black Beans Sweet Yellow Corn Chilled Pears Fresh Fruit Choice of Milk	October 2 Sloppy Joe on WG Bun Broccoli & Cheese Coleslaw Mandarin Oranges Fresh Fruit Choice of Milk	October 3 Turkey Club Croissant Sweet Potato Fries Green Beans Mandarin Slices Fresh Fruit Choice of Milk
October 6 Hamburger or Cheeseburger on WG Bun Tater Tots Baked Beans Mixed Fruit Fresh Fruit Choice of Milk	October 7 Chicken Parmesan WG Roll Green Beans Mixed Vegetables Chilled Pears Fresh Fruit Choice of Milk	October 8 No School	October 9 No School	October 10 No School
October 13 No School	October 14 WG Cheese or Pepperoni Pizza Carrot Sticks with Dip Garden Salad Fresh Apple Slices Fresh Fruit Choice of Milk	October 15 Chicken Ranch Wrap Broccoli w/ Dip Black-eye Peas Applesauce Fresh Fruit Choice of Milk	October 16 WG Corn Dog Baked Beans Potato Wedges Mandarin Oranges Fresh Fruit Choice of Milk	October 17 Chicken Sandwich on WG Bun Green Beans Glazed Sweet Potatoes Mixed Fruit Fresh Fruit Choice of Milk
October 20 Crispy Chicken Leg WG Roll Green Beans Mashed Potatoes Baked Apples Fresh Fruit Choice of Milk	October 21 Hot Dog on WG Bun Tater Tots Baked Beans Mandarin Oranges Fresh Fruit Choice of Milk	October 22 Chicken & WG Waffles Steamed Broccoli Sweet Potato Fries Chilled Pears Fresh Fruit Choice of Milk	October 23 Meatball Sub Garden Salad Carrot Sticks w/ Dip Pineapple Fresh Fruit Choice of Milk	October 24 Beef Tacos Pinto Beans Sweet Yellow Corn Chilled Peaches Fresh Fruit Choice of Milk
October 27 Chicken Tenders WG Roll Mashed Potatoes Glazed Carrots Applesauce Fresh Fruit Choice of Milk	October 28 Spaghetti w/ Meat Sauce WG Roll Garden Salad Black-eye Peas Chilled Peaches Fresh Fruit Choice of Milk	October 29 Chicken Fajitas Black Beans Sweet Yellow Corn Chilled Pears Fresh Fruit Choice of Milk	October 30 Sloppy Joe on WG Bun Broccoli & Cheese Coleslaw Mandarin Oranges Fresh Fruit Choice of Milk	October 31 Turkey Club Croissant Sweet Potato Fries Green Beans Mandarin Slices Fresh Fruit 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:** For more info about school meals and NSLW, go to www.schoolnutrition.org.