



Williams Academy Breakfast Menu

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			January 1	January 2
January 5 No School	January 6 Sausage Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	January 7 WG Banana Bread Slice WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pears Variety of Juice Choice of Milk	January 8 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	January 9 WG Apple Strudel WG Cereal w/ WG Graham Crackers WG Pop-Tarts Mandarin Oranges Variety of Juice Choice of Milk
January 12 WG Waffle WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Applesauce Variety of Juice Choice of Milk	January 13 Scrambled Eggs, Grits, WG Toast WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	January 14 WG Cinnamon Roll WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Peaches Variety of Juice Choice of Milk	January 15 Biscuit w/ Sausage Gravy WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	January 16 WG Blueberry Bread Slice WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk
January 19 No School	January 20 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	January 21 WG Sweet Bun WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Peaches Variety of Juice Choice of Milk	January 22 Chicken Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	January 23 WG Dunkin Stix WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk
January 26 WG Pancakes WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Mixed Fruit Variety of Juice Choice of Milk	January 27 Sausage Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	January 28 WG Banana Bread Slice WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pears Variety of Juice Choice of Milk	January 29 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	January 30 WG Apple Strudel WG Cereal w/ WG Graham Crackers WG Pop-Tarts Mandarin Oranges Variety of Juice Choice of Milk

Families Making the Connection

Move Your Way – Be Active Every Day!

*Menu subject to change.

January is Family Fitness Month, a great time to renew or start a fitness routine with your family. Families that are active are healthier. Families that are active together have more fun!

Physical activity fosters normal growth and development, can make people feel better, function better, sleep better, and reduce the risk of chronic diseases. According to the Physical Activity Guidelines for Americans, youth ages 6-17 should be active for at least 60 minutes each day. For substantial health benefits, adults should do at least 150-300 minutes a week of moderate-intensity, or 75-150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination. Think 3 – three ways to exercise:

- Work out your heart.** Aerobic exercise gets your heart pumping. Dancing, swimming, biking, running, taking a brisk walk, or playing volleyball, football, basketball, soccer, pickle ball, or tennis are some options.
- Strengthen your muscles and bones.** Strengthening gives you more power, protects you from injuries, and helps you burn more calories. You don't have to lift weights. Leg lunges or squats, pull-ups, push-ups, planks, and ab crunches work.
- Keep your body flexible.** Flexibility keeps muscles and joints from getting stiff, improves performance, and protects from sprains or strains. Stretching or doing yoga, tai chi, or pilates can help.