



Williams Academy HS Lunch Menu

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			January 1	January 2
January 5 No School	January 6 Chicken Tenders WG Roll Mashed Potatoes Glazed Carrots Applesauce Fresh Fruit Choice of Milk	January 7 Sloppy Joe on WG Bun Broccoli & Cheese Coleslaw Mandarin Oranges Fresh Fruit Choice of Milk	January 8 Chicken Fajitas Black Beans Sweet Yellow Corn Chilled Pears Fresh Fruit Choice of Milk	January 9 Turkey Club Croissant Sweet Potato Fries Green Beans Fresh Apple Slices Fresh Fruit Choice of Milk
January 12 Hamburger or Cheeseburger on WG Bun Tater Tots Baked Beans Mixed Fruit Fresh Fruit Choice of Milk	January 13 Chicken Noodle Soup w/ Grilled Cheese Sandwich Green Beans Mixed Vegetables Chilled Pears Fresh Fruit Choice of Milk	January 14 Beefy Nachos Pinto Beans Sweet Yellow Corn Fresh Apple Slices Fresh Fruit Choice of Milk	January 15 General Tso Chicken WG Fried Rice Steamed Broccoli Glazed Carrots Pineapple Fresh Fruit Choice of Milk	January 16 Pizza Sticks w/ Marinara Carrot Sticks w/ Dip Garden Salad Peaches Fresh Fruit Choice of Milk
January 19 No School	January 20 WG Cheese or Pepperoni Pizza Carrot Sticks with Dip Garden Salad Fresh Apple Slices Fresh Fruit Choice of Milk	January 21 Chicken Ranch Wrap Broccoli w/ Dip Black-eye Peas Applesauce Fresh Fruit Choice of Milk	January 22 WG Corn Dog Baked Beans Potato Wedges Mandarin Oranges Fresh Fruit Choice of Milk	January 23 Chicken Sandwich on WG Bun Green Beans Glazed Sweet Potatoes Mixed Fruit Fresh Fruit Choice of Milk
January 26 Crispy Chicken Leg WG Roll Green Beans Mashed Potatoes Baked Apples Fresh Fruit Choice of Milk	January 27 Hot Dog on WG Bun Tater Tots Baked Beans Mandarin Oranges Fresh Fruit Choice of Milk	January 28 Chicken & WG Waffles Steamed Broccoli Sweet Potato Fries Chilled Pears Fresh Fruit Choice of Milk	January 29 Vegetable Beef Soup w/ Grilled Cheese Sandwich Garden Salad Carrot Sticks w/ Dip Pineapple Fresh Fruit Choice of Milk	January 30 Beef Tacos Pinto Beans Sweet Yellow Corn Chilled Peaches Fresh Fruit Choice of Milk

Families Making the Connection

Move Your Way – Be Active Every Day!

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:

1. **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.

2. **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.
3. **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.