



Williams Academy Breakfast Menu

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
February 2 WG Waffle WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Applesauce Variety of Juice Choice of Milk	February 3 Scrambled Eggs, Bacon, WG Toast WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	February 4 WG Pancakes WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Mixed Fruit Variety of Juice Choice of Milk	February 5 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	February 6 WG Banana Bread Slice WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pears Variety of Juice Choice of Milk
February 9 WG French Toast Sticks WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Applesauce Variety of Juice Choice of Milk	February 10 Sausage, Egg & Cheese on WG Croissant WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	February 11 WG Sweet Bun WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Peaches Variety of Juice Choice of Milk	February 12 Chicken Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	February 13 WG Dunkin Stix WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk
February 16 WG Pancakes WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Mixed Fruit Variety of Juice Choice of Milk	February 17 Sausage Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	February 18 WG Banana Bread Slice WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pears Variety of Juice Choice of Milk	February 19 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	February 20 WG Apple Strudel WG Cereal w/ WG Graham Crackers WG Pop-Tarts Mandarin Oranges Variety of Juice Choice of Milk
February 23 WG Waffle WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Applesauce Variety of Juice Choice of Milk	February 24 Scrambled Eggs, Bacon, WG Toast WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	February 25 WG Cinnamon Roll WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Peaches Variety of Juice Choice of Milk	February 26 Biscuit w/ Sausage Gravy WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	February 27 WG Blueberry Bread Slice WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk

Nutrition Byte

Discover the Power of Nutrition

*Menu subject to change.

Plan ahead to celebrate National Nutrition Month® (NNM) in March! Each March the Academy of Nutrition and Dietetics recognizes National Nutrition Month®. Plan to celebrate with your family, at your school, and in the community.

Nutrilink: Find a registered dietitian nutritionist (RDN), nutrition tips, and #NNM info at www.eatright.org.

The 2026 NNM theme is “Discover the Power of Nutrition”, an emphasis on nutrition’s role in helping individuals and communities thrive. This theme highlights that food is more than just nutrition—it’s a powerful tool that connects people to their health, culture, and community! Health, traditions,

and access can all impact the foods we eat. The food we eat also affects our health.

Participating in School Nutrition Programs offers students not only a nutritious meal but also an opportunity to connect with fellow students, teachers, and School Nutrition professionals. School meals can truly make a difference for students.

School meals offer choices of entrées, sides, and lowfat or fat free milk daily. Many schools participate in farm to school and feature North Carolina-grown ingredients. Meals include a variety of whole grains, lean proteins, fruits, and vegetables with tasty, creative recipes that appeal to students. **Nutrilink:** Try recipes from the N.C. Jr. Chef Competition,