



# Williams Academy Breakfast Menu

## March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 2</b> WG French Toast Sticks WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Applesauce Variety of Juice Choice of Milk	<b>March 3</b> Sausage, Egg & Cheese on WG Croissant WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	<b>March 4</b> WG Sweet Bun WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Peaches Variety of Juice Choice of Milk	<b>March 5</b> Chicken Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	<b>March 6</b> WG Dunkin Stix WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk
<b>March 9</b> WG Pancakes WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Mixed Fruit Variety of Juice Choice of Milk	<b>March 10</b> Sausage Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	<b>March 11</b> WG Banana Bread Slice WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pears Variety of Juice Choice of Milk	<b>March 12</b> 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	<b>March 13</b> WG Apple Strudel WG Cereal w/ WG Graham Crackers WG Pop-Tarts Mandarin Oranges Variety of Juice Choice of Milk
<b>March 16</b> WG Waffle WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Applesauce Variety of Juice Choice of Milk	<b>March 17</b> Scrambled Eggs, Bacon, WG Toast WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	<b>March 18</b> WG Cinnamon Roll WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Peaches Variety of Juice Choice of Milk	<b>March 19</b> Biscuit w/ Sausage Gravy WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	<b>March 20</b> WG Blueberry Bread Slice WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk
<b>March 23</b> WG French Toast Sticks WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Applesauce Variety of Juice Choice of Milk	<b>March 24</b> Sausage, Egg & Cheese on WG Croissant WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	<b>March 25</b> WG Sweet Bun WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Peaches Variety of Juice Choice of Milk	<b>March 26</b> Chicken Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	<b>March 27</b> WG Dunkin Stix WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk
<b>March 30</b> WG Pancakes WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Mixed Fruit Variety of Juice Choice of Milk	<b>March 31</b> Sausage Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk			

## Families Making the Connection

### Quest for School Breakfast

\*Menu subject to change.

March 2-6 is National School Breakfast Week (NSBW), "Quest for School Breakfast". #NSBW2026 highlights how eating a nutritious breakfast helps students be successful in the classroom and beyond. Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness.

School breakfast is a School Nutrition Program available to all public schools. All children can participate. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and lowfat or fat free milk. Every school breakfast served meets federal nutrition standards limiting calories, fat, and sodium.

School breakfast offers several connections to classroom learning—students have the opportunity to eat a healthy breakfast each school morning closer to academic instruction time, students who eat a healthy breakfast are better able to focus on classroom lessons, and students can practice the nutrition lessons they learn in the classroom by making healthy choices with school breakfast.

Learn more about NSBW at [www.schoolnutrition.org/nsbw](http://www.schoolnutrition.org/nsbw). For more info on school breakfast in our state, visit <https://go.ncdpi.gov/ncschoolmeals>