



## Williams Academy HS Lunch Menu

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 2</b> Chicken Tenders WG Roll Mashed Potatoes Glazed Carrots Applesauce Fresh Fruit Choice of Milk	<b>February 3</b> Spaghetti w/ Meat Sauce WG Roll Garden Salad Black-eye Peas Chilled Peaches Fresh Fruit Choice of Milk	<b>February 4</b> Crispy Chicken Leg WG Roll Green Beans Mashed Potatoes Baked Apples Fresh Fruit Choice of Milk	<b>February 5</b> Vegetable Beef Soup w/ Grilled Cheese Sandwich Garden Salad Carrot Sticks w/ Dip Pineapple Fresh Fruit Choice of Milk	<b>February 6</b> Chicken & WG Waffles Steamed Broccoli Sweet Potato Fries Chilled Pears Fresh Fruit Choice of Milk
<b>February 9</b> Hamburger or Cheeseburger on WG Bun Tater Tots Baked Beans Mixed Fruit Fresh Fruit Choice of Milk	<b>February 10</b> Chicken Noodle Soup w/ Grilled Cheese Sandwich Green Beans Mixed Vegetables Chilled Pears Fresh Fruit Choice of Milk	<b>February 11</b> Beefy Nachos Pinto Beans Sweet Yellow Corn Fresh Apple Slices Fresh Fruit Choice of Milk	<b>February 12</b> General Tso Chicken WG Fried Rice Steamed Broccoli Glazed Carrots Pineapple Fresh Fruit Choice of Milk	<b>February 13</b> Pizza Sticks w/ Marinara Carrot Sticks w/ Dip Garden Salad Peaches Fresh Fruit Choice of Milk
<b>February 16</b> Chicken & Cheese Quesadilla Sweet Yellow Corn Black Beans Chilled Pears Fresh Fruit Choice of Milk	<b>February 17</b> WG Cheese or Pepperoni Pizza Carrot Sticks with Dip Garden Salad Fresh Apple Slices Fresh Fruit Choice of Milk	<b>February 18</b> Chicken Ranch Wrap Broccoli w/ Dip Black-eye Peas Applesauce Fresh Fruit Choice of Milk	<b>February 19</b> WG Corn Dog Baked Beans Potato Wedges Mandarin Oranges Fresh Fruit Choice of Milk	<b>February 20</b> Chicken Sandwich on WG Bun Green Beans Glazed Sweet Potatoes Mixed Fruit Fresh Fruit Choice of Milk
<b>February 23</b> Crispy Chicken Leg WG Roll Green Beans Mashed Potatoes Baked Apples Fresh Fruit Choice of Milk	<b>February 24</b> Hot Dog on WG Bun Tater Tots Baked Beans Mandarin Oranges Fresh Fruit Choice of Milk	<b>February 25</b> Chicken & WG Waffles Steamed Broccoli Sweet Potato Fries Chilled Pears Fresh Fruit Choice of Milk	<b>February 26</b> Vegetable Beef Soup w/ Grilled Cheese Sandwich Garden Salad Carrot Sticks w/ Dip Pineapple Fresh Fruit Choice of Milk	<b>February 27</b> Beef Tacos Pinto Beans Sweet Yellow Corn Chilled Peaches Fresh Fruit Choice of Milk

## Nutrition Byte

### Discover the Power of Nutrition

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](http://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

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<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>