



Williams Academy K8 Lunch Menu

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
February 2 Chicken Tenders WG Roll Mashed Potatoes Glazed Carrots Applesauce Choice of Milk	February 3 Spaghetti w/ Meat Sauce WG Roll Garden Salad Black-eye Peas Fresh Fruit Choice of Milk	February 4 Crispy Chicken Leg WG Roll Green Beans Mashed Potatoes Baked Apples Choice of Milk	February 5 Vegetable Beef Soup w/ Grilled Cheese Sandwich Garden Salad Carrot Sticks w/ Dip Pineapple Choice of Milk	February 6 Chicken & WG Waffles Steamed Broccoli Sweet Potato Fries Fresh Fruit Choice of Milk
February 9 Hamburger or Cheeseburger on WG Bun Tater Tots Baked Beans Mixed Fruit Choice of Milk	February 10 Chicken Noodle Soup w/ Grilled Cheese Sandwich Green Beans Mixed Vegetables Fresh Fruit Choice of Milk	February 11 Beefy Nachos Pinto Beans Sweet Yellow Corn Fresh Apple Slices Choice of Milk	February 12 General Tso Chicken WG Fried Rice Steamed Broccoli Glazed Carrots Pineapple Choice of Milk	February 13 Pizza Sticks w/ Marinara Carrot Sticks w/ Dip Garden Salad Peaches Choice of Milk
February 16 Chicken & Cheese Quesadilla Sweet Yellow Corn Black Beans Chilled Pears Choice of Milk	February 17 WG Cheese or Pepperoni Pizza Carrot Sticks with Dip Garden Salad Fresh Apple Slices Choice of Milk	February 18 Chicken Ranch Wrap Broccoli w/ Dip Black-eye Peas Fresh Fruit Choice of Milk	February 19 WG Corn Dog Baked Beans Potato Wedges Mandarin Oranges Choice of Milk	February 20 Chicken Sandwich on WG Bun Green Beans Glazed Sweet Potatoes Mixed Fruit Choice of Milk
February 23 Crispy Chicken Leg WG Roll Green Beans Mashed Potatoes Baked Apples Choice of Milk	February 24 Hot Dog on WG Bun Tater Tots Baked Beans Mandarin Oranges Choice of Milk	February 25 Chicken & WG Waffles Steamed Broccoli Sweet Potato Fries Fresh Fruit Choice of Milk	February 26 Vegetable Beef Soup w/ Grilled Cheese Sandwich Garden Salad Carrot Sticks w/ Dip Pineapple Choice of Milk	February 27 Beef Tacos Pinto Beans Sweet Yellow Corn Chilled Peaches 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, <https://go.ncdpi.gov/ncjrchef>, and N.C. K-12 Culinary Institute, <https://go.ncdpi.gov/nck12culinaryinstitute>.