



# Williams Academy K8 Lunch Menu

## March 2026

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| <b>March 2</b><br>Chicken Tenders<br>WG Roll<br>Mashed Potatoes<br>Glazed Carrots<br>Applesauce<br>Choice of Milk        | <b>March 3</b><br>Spaghetti w/ Meat Sauce<br>WG Roll<br>Garden Salad<br>Black-eye Peas<br>Fresh Fruit<br>Choice of Milk                  | <b>March 4</b><br>Chicken Fajitas<br>Black Beans<br>Sweet Yellow Corn<br>Chilled Pears<br>Choice of Milk           | <b>March 5</b><br>Sloppy Joe on WG Bun<br>Broccoli & Cheese<br>Coleslaw<br>Mandarin Oranges<br>Choice of Milk                               | <b>March 6</b><br>Turkey Club Croissant<br>Sweet Potato Fries<br>Green Beans<br>Fresh Apple Slices<br>Choice of Milk      |
| <b>March 9</b><br>No School  | <b>March 10</b><br>Chicken Noodle Soup w/<br>Grilled Cheese Sandwich<br>Green Beans<br>Mixed Vegetables<br>Fresh Fruit<br>Choice of Milk | <b>March 11</b><br>Beefy Nachos<br>Pinto Beans<br>Sweet Yellow Corn<br>Fresh Apple Slices<br>Choice of Milk        | <b>March 12</b><br>Orange Chicken<br>WG Fried Rice<br>Steamed Broccoli<br>Glazed Carrots<br>Pineapple<br>Choice of Milk                     | <b>March 13</b><br>Pizza Sticks w/ Marinara<br>Carrot Sticks w/ Dip<br>Garden Salad<br>Peaches<br>Choice of Milk          |
| <b>March 16</b><br>Chicken & Cheese<br>Quesadilla<br>Sweet Yellow Corn<br>Black Beans<br>Chilled Pears<br>Choice of Milk | <b>March 17</b><br>WG Cheese or Pepperoni<br>Pizza<br>Carrot Sticks with Dip<br>Garden Salad<br>Fresh Apple Slices<br>Choice of Milk     | <b>March 18</b><br>Chicken Ranch Wrap<br>Broccoli w/ Dip<br>Black-eye Peas<br>Fresh Fruit<br>Choice of Milk        | <b>March 19</b><br>WG Corn Dog<br>Baked Beans<br>Potato Wedges<br>Mandarin Oranges<br>Choice of Milk  | <b>March 20</b><br>Chicken Sandwich on WG<br>Bun<br>Green Beans<br>Glazed Sweet Potatoes<br>Mixed Fruit<br>Choice of Milk |
| <b>March 23</b><br>Crispy Chicken Leg<br>WG Roll<br>Green Beans<br>Mashed Potatoes<br>Baked Apples<br>Choice of Milk     | <b>March 24</b><br>Hot Dog on WG Bun<br>Tater Tots<br>Baked Beans<br>Mandarin Oranges<br>Choice of Milk                                  | <b>March 25</b><br>Chicken & WG Waffles<br>Steamed Broccoli<br>Sweet Potato Fries<br>Fresh Fruit<br>Choice of Milk | <b>March 26</b><br>Vegetable Beef Soup w/<br>Grilled Cheese Sandwich<br>Garden Salad<br>Carrot Sticks w/ Dip<br>Pineapple<br>Choice of Milk | <b>March 27</b><br>Beef Tacos<br>Pinto Beans<br>Sweet Yellow Corn<br>Chilled Peaches<br>Choice of Milk                    |
| <b>March 30</b><br>Chicken Tenders<br>WG Roll<br>Mashed Potatoes<br>Glazed Carrots<br>Applesauce<br>Choice of Milk       | <b>March 31</b><br>Spaghetti w/ Meat Sauce<br>WG Roll<br>Garden Salad<br>Black-eye Peas<br>Fresh Fruit<br>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>.