



# Williams Academy HS Lunch Menu

# April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>April 1</b> Chicken Fajitas Black Beans Sweet Yellow Corn Chilled Pears Fresh Fruit Choice of Milk	<b>April 2</b> Early Dismissal  Bag Lunches	<b>April 3</b> No School
<b>April 6</b> No School	<b>April 7</b> No School	<b>April 8</b> No School	<b>April 9</b> No School	<b>April 10</b> No School
<b>April 13</b> Chicken & Cheese Quesadilla Sweet Yellow Corn Black Beans Chilled Pears Fresh Fruit Choice of Milk	<b>April 14</b> WG Cheese or Pepperoni Pizza Carrot Sticks with Dip Garden Salad Fresh Apple Slices Fresh Fruit Choice of Milk	<b>April 15</b> Chicken Ranch Wrap Broccoli w/ Dip Black-eye Peas Applesauce Fresh Fruit Choice of Milk	<b>April 16</b> WG Corn Dog Baked Beans Potato Wedges Mandarin Oranges Fresh Fruit Choice of Milk	<b>April 17</b> Chicken Sandwich on WG Bun Green Beans Glazed Sweet Potatoes Mixed Fruit Fresh Fruit Choice of Milk
<b>April 20</b> Crispy Chicken Leg WG Roll Green Beans Mashed Potatoes Baked Apples Fresh Fruit Choice of Milk	<b>April 21</b> Hot Dog on WG Bun Tater Tots Baked Beans Mandarin Oranges Fresh Fruit Choice of Milk	<b>April 22</b> Chicken & WG Waffles Steamed Broccoli Sweet Potato Fries Applesauce Fresh Fruit Choice of Milk	<b>April 23</b> Cheese Ravioli w/ Meat Sauce WG Roll Garden Salad Carrot Sticks w/ Cip Pineapple Fresh Fruit Choice of Milk	<b>April 24</b> Beef Tacos Pinto Beans Sweet Yellow Corn Chilled Peaches Fresh Fruit Choice of Milk
<b>April 27</b> Chicken Tenders WG Roll Mashed Potatoes Glazed Carrots Mandarin Oranges Fresh Fruit Choice of Milk	<b>April 28</b> Spaghetti w/ Meat Sauce WG Roll Garden Salad Black-eye Peas Chilled Peaches Fresh Fruit Choice of Milk	<b>April 29</b> Chicken Fajitas Black Beans Sweet Yellow Corn Chilled Pears Fresh Fruit Choice of Milk	<b>April 30</b> Pulled Pork on WG Bun Broccoli & Cheese Coleslaw Applesauce Fresh Fruit Choice of Milk	

## Families Making the Connection

### Explore Gardening

\*Menu subject to change.

Did you know that April is Garden Month? Gardening allows you to be outside, get some exercise, and grow fruits, vegetables, and herbs you can use in nutritious meals and snacks. It can help you cut expenses by growing your own food, learn about different plants, build or practice gardening skills, and manage or reduce stress. Gardening offers an opportunity to spend time with family, practice communication and teamwork, and enhance problem solving. You can also build community by connecting with other local gardeners and protecting the environment.

You do not need lots of space or expertise to garden. You can have a windowsill garden, container garden, raised bed garden, or a garden plot. Part of the fun of gardening is trying out new seeds or plants and seeing what you can grow.

Try these gardening tips:

- Pick a fruit, vegetable, or herb you would like to grow.
- Find the best time to plant, the type of soil it prefers, and how much sun, water, and space it needs to grow.
- Plant the seed, seedling, or transplant.
- Make sure it gets enough water and sunlight.
- Watch it grow.
- Harvest.
- Wash and enjoy.

Go to [www.garden.org](http://www.garden.org) to learn more about gardening. For garden classes or questions, reach out to the Master Gardeners or Agriculture Agents with your local Cooperative Extension office, <https://www.ces.ncsu.edu>