



Williams Academy K8 Lunch Menu

April 2026

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

Families Making the Connection

*Menu subject to change.

Explore Gardening

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 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>