



Williams Academy HS Lunch Menu

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				May 1 Turkey Club Croissant Sweet Potato Fries Green Beans Fresh Apple Slices Fresh Fruit Choice of Milk
May 4 Hamburger or Cheeseburger on WG Bun Tater Tots Baked Beans Mixed Fruit Fresh Fruit Choice of Milk	May 5 Beefy Nachos Pinto Beans Sweet Yellow Corn Fresh Apple Slices Fresh Fruit Choice of Milk	May 6 Orange Chicken WG Fried Rice Steamed Broccoli Glazed Carrots Pineapple Fresh Fruit Choice of Milk	May 7 Pizza Sticks w/ Marinara Carrot Sticks w/ Dip Garden Salad Peaches Fresh Fruit Choice of Milk	May 8 Chicken Parmesan WG Roll Green Beans Mixed Vegetables Chilled Pears Fresh Fruit Choice of Milk
May 11 Bagged Lunches	May 12 WG Cheese or Pepperoni Pizza Carrot Sticks with Dip Garden Salad Fresh Apple Slices Fresh Fruit Choice of Milk	May 13 Chicken Ranch Wrap Broccoli w/ Dip Black-eye Peas Applesauce Fresh Fruit Choice of Milk	May 14 WG Corn Dog Baked Beans Potato Wedges Mandarin Oranges Fresh Fruit Choice of Milk	May 15 Chicken Sandwich on WG Bun Green Beans Glazed Sweet Potatoes Mixed Fruit Fresh Fruit Choice of Milk
May 18 Crispy Chicken Leg WG Roll Green Beans Mashed Potatoes Baked Apples Fresh Fruit Choice of Milk	May 19 Hot Dog on WG Bun Tater Tots Baked Beans Mandarin Oranges Fresh Fruit Choice of Milk	May 20 Chicken & WG Waffles Steamed Broccoli Sweet Potato Fries Applesauce Fresh Fruit Choice of Milk	May 21 Cheese Ravioli w/ Sauce WG Roll Garden Salad Carrot Sticks w/ Dip Pineapple Fresh Fruit Choice of Milk	May 22 Bagged Lunches
May 25	May 26	May 27	May 28	May 29

Nutrition Byte

Explore Fitness Benefits!

*Menu subject to change.

Did you know May is National Physical Fitness and Sports Month? Sports and fitness activities help you:

- Develop stronger muscles, bones, and joints
- Improve coordination, balance, and flexibility
- Enhance attention, memory, and problem-solving
- Boost academic performance
- Work on cooperation, communication, and leadership
- Reduce stress and anxiety and build self-esteem
- Sleep better
- Make friends
- Build healthy habits for a lifetime

- Take a walk or go for a run or bike ride.
- Play basketball, soccer, tennis, pickleball, or another sport.
- Get outside. Explore nature at a local park or trail.
- Play an active game with friends or family.
- Plant or work in a garden.
- Try a new activity. Spend time with others.

Aim for 60 minutes of daily physical activity. **Nutrilink:** Learn more and find resources at <https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>.

What can you do?

- Turn on some music, dance, and sing.