



# Williams Academy K8 Lunch Menu

## May 2026

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

## 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

- 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.
- Take a walk or go for a run or bike ride.