

All public schools in North Carolina offer school lunch. Most also offer school breakfast. All students can participate in school meal programs. Families can apply to see if they qualify for school meal benefits for their students. Ask your school about a meal application.

Many students and their families depend on school meals. School meals offer a variety of lean proteins, whole grains, fruits, vegetables, lowfat or fat free dairy, and locally grown ingredients. School meals make a difference!

There are many benefits to school meals:

- Research shows that students who participate in school meal programs consume more whole grains, milk, fruits, and vegetables.
- Students who eat school meals have better attendance, more focus in class, and improved academic performance.
- Participation in School Nutrition Programs supports social emotional learning.
- School meals are a nutritious, convenient choice for families.
- Eating school meals supports local School Nutrition Programs, farmers, and communities.



Williams Academy HS Lunch Menu for August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		August 5 Chicken Tenders WG Roll Mashed Potatoes Glazed Carrots Applesauce Fresh Fruit Choice of Milk	August 6 Sloppy Joe on WG Bun Broccoli & Cheese Coleslaw Mandarin Oranges Fresh Fruit Choice of Milk	August 7 Turkey Club Croissant Sweet Potato Fries Green Beans Fresh Apple Slices Fresh Fruit Choice of Milk
August 10 Hamburger or Cheeseburger on WG Bun Tater Tots Baked Beans Mixed Fruit Fresh Fruit Choice of Milk	August 11 Chicken Parmesan WG Roll Green Beans Mixed Vegetables Fresh Fruit Chilled Pears Choice of Milk	August 12 Beefy Nachos Black Beans Sweet Yellow Corn Apple Slices Fresh Fruit Choice of Milk	August 13 General Tso Chicken WG Fried Rice Steamed Broccoli Glazed Carrots Pineapple Fresh Fruit Choice of Milk	August 14 Pizza Sticks w/ Marinara Carrot Sticks w/ Dip Garden Salad Peaches Fresh Fruit Choice of Milk
August 17 Chicken & Cheese Quesadilla Sweet Yellow Corn Pinto Beans Chilled Pears Choice of Milk	August 18 WG Cheese or Pepperoni Pizza Carrot Sticks with Dip Garden Salad Fresh Apple Slices Choice of Milk	August 19 Chicken Ranch Wrap Broccoli w/ Dip Black-eye Peas Fresh Fruit Choice of Milk	August 20 WG Corn Dog Baked Beans Potato Wedges Mandarin Oranges Choice of Milk	August 21 Chicken Sandwich on WG Bun Green Beans Glazed Sweet Potatoes Mixed Fruit Choice of Milk
August 24 Crispy Chicken Leg WG Roll Green Beans Mashed Potatoes Baked Apples Fresh Fruit Choice of Milk	August 25 Hot Dog on WG Bun Tater Tots Baked Beans Mandarin Oranges Fresh Fruit Choice of Milk	August 26 Chicken & WG Waffles Steamed Broccoli Sweet Potato Fries Fresh Fruit Mixed Fruit Choice of Milk	August 27 Meatball Sub Garden Salad Carrot Sticks w/ Dip Pineapple Fresh Fruit Choice of Milk	August 28 Beef Tacos Black Beans Sweet Yellow Corn Chilled Peaches Fresh Fruit Choice of Milk
August 31 Chicken Tenders WG Roll Mashed Potatoes Glazed Carrots Applesauce Fresh Fruit Choice of Milk				

Families Making the Connection
 School Meals Make a Difference!