



Williams Academy Breakfast Menus for September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	September 1 Sausage, Egg & Cheese on Croissant WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	September 2 WG Sweet Bun WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Peaches Variety of Juice Choice of Milk	September 3 Chicken Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	September 4 WG Dunkin Stix WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk
September 7 No School	September 8 Sausage Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	September 9 WG Banana Bread Slice WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pears Variety of Juice Choice of Milk	September 10 Bacon, Egg & Cheese on WG English Muffin WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	September 11 WG Apple Strudel WG Cereal w/ WG Graham Crackers WG Pop-Tarts Mandarin Oranges Variety of Juice Choice of Milk
September 14 WG Waffle WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Applesauce Variety of Juice Choice of Milk	September 15 Scrambled Eggs, Grits, WG Toast WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	September 16 WG Cinnamon Roll WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Peaches Variety of Juice Choice of Milk	September 17 Biscuit w/ Sausage Gravy WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	September 18 WG Blueberry Bread Slice WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk
September 21 WG French Toast Sticks WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Applesauce Variety of Juice Choice of Milk	September 22 Sausage, Egg & Cheese on WG English Muffin WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	September 23 WG Sweet Bun WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Peaches Variety of Juice Choice of Milk	September 24 Chicken Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	September 25 WG Dunkin Stix WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pineapple Variety of Juice Choice of Milk
September 28 WG Pancakes WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Mixed Fruit Variety of Juice Choice of Milk	September 29 Sausage Biscuit WG Muffin w/ Yogurt WG Nutri-Grain Bar w/ Yogurt Fresh Fruit Variety of Juice Choice of Milk	September 30 WG Banana Bread Slice WG Cereal w/ WG Graham Crackers WG Pop-Tarts Chilled Pears Variety of Juice Choice of Milk		

Nutrition Byte

Taste & Learn About Local Produce

Did you know you can find North Carolina-grown products in grocery stores, farmers markets, roadside stands, and schools across the state? "Goodness Grows in North Carolina"!

For National Fruits & Veggies Month in September and Farm to School and Early Care and Education Month in October, plan to participate in the N.C. Crunch. The N.C. Crunch is an opportunity for youth and adults to taste and learn about North Carolina-grown fruits and veggies with their schools, early care and education centers, organizations, and

families. Everyone can participate! Share photos on social media of you tasting and learning about N.C. produce using #NCCrunch. **Nutrilink:** Learn more and sign up at <https://growing-minds.org/north-carolina-crunch>. Receive a free guide with tips, templates, and links to resources.

The N.C. Crunch is also an opportunity to recognize all those involved in feeding our youth and communities—farmers, distributors, school nutrition professionals, transportation professionals and more. Let's thank our dedicated #FarmtoSchoolHeroes across the state!