



Williams Academy HS Lunch Menus for September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	September 1 Mini Cheese Ravioli & Sauce WG Roll Garden Salad Black-eye Peas Chilled Peaches Fresh Fruit Choice of Milk	September 2 Chicken Fajitas Black Beans Sweet Yellow Corn Chilled Pears Fresh Fruit Choice of Milk	September 3 Sloppy Joe on WG Bun Broccoli & Cheese Coleslaw Mandarin Oranges Fresh Fruit Choice of Milk	September 4 Turkey Club Croissant Sweet Potato Fries Green Beans Mandarin Slices Fresh Fruit Choice of Milk
September 7 No School	September 8 Chicken Parmesan WG Roll Green Beans Mixed Vegetables Chilled Pears Fresh Fruit Choice of Milk	September 9 Beefy Nachos Pinto Beans Sweet Yellow Corn Fresh Apple Slices Chilled Pears Choice of Milk	September 10 General Tso Chicken WG Fried Rice Steamed Broccoli Glazed Carrots Pineapple Fresh Fruit Choice of Milk	September 11 Pizza Sticks w/ Marinara Carrot Sticks w/ Dip Garden Salad Peaches Fresh Fruit Choice of Milk
September 14 Chicken & Cheese Quesadilla Sweet Yellow Corn Black Beans Chilled Pears Fresh Fruit Choice of Milk	September 15 WG Cheese or Pepperoni Pizza Carrot Sticks with Dip Garden Salad Fresh Apple Slices Fresh Fruit Choice of Milk	September 16 Chicken Ranch Wrap Broccoli w/ Dip Black-eye Peas Applesauce Fresh Fruit Choice of Milk	September 17 WG Corn Dog Baked Beans Potato Wedges Mandarin Oranges Fresh Fruit Choice of Milk	September 18 Chicken Sandwich on WG Bun Green Beans Glazed Sweet Potatoes Mixed Fruit Fresh Fruit Choice of Milk
September 21 Crispy Chicken Leg WG Roll Green Beans Mashed Potatoes Baked Apples Fresh Fruit Choice of Milk	September 22 Hot Dog on WG Bun Tater Tots Baked Beans Mandarin Oranges Fresh Fruit Choice of Milk	September 23 Chicken & WG Waffles Steamed Broccoli Sweet Potato Fries Chilled Pears Fresh Fruit Choice of Milk	September 24 Meatball Sub Garden Salad Carrot Sticks w/ Dip Pineapple Fresh Fruit Choice of Milk	September 25 Beef Tacos Pinto Beans Sweet Yellow Corn Chilled Peaches Fresh Fruit Choice of Milk
September 28 Chicken Tenders WG Roll Mashed Potatoes Glazed Carrots Applesauce Fresh Fruit Choice of Milk	September 29 Mini Cheese Ravioli & Sauce WG Roll Garden Salad Black-eye Peas Chilled Peaches Fresh Fruit Choice of Milk	September 30 Chicken Fajitas Black Beans Sweet Yellow Corn Chilled Pears Fresh Fruit 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!