



Williams Academy HS Lunch Menu

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			October 1 Sloppy Joe on WG Bun Fruit & Yogurt Fun Lunch Broccoli & Cheese Coleslaw Mandarin Oranges Fresh Fruit Choice of Milk *World Vegetarian Day	October 2 Club Croissant Sweet Potato Fries Green Beans Fresh Apple Slices Fresh Fruit Choice of Milk
October 5 Chicken & Cheese Quesadilla Sweet Yellow Corn Black Beans Chilled Pears Fresh Fruit Choice of Milk	October 6 Chicken Parmesan WG Roll Turkey Wrap Green Beans Mixed Vegetables Mandarin Oranges Fresh Fruit Choice of Milk	October 7 No School	October 8 No School	October 9 No School
October 12 No School	October 13 Pizza Sticks w/ Marinara PB&J Sandwich Garden Salad Carrot Sticks w/ Dip Mandarin Oranges Fresh Fruit Choice of Milk	October 14 Chicken & Funnel Cake Waffle Steamed Broccoli Sweet Potato Fries Chilled Pears Fresh Fruit Choice of Milk	October 15 WG Corn Dog Nuggets Tater Tots Baked Beans Pineapple Fresh Fruit Choice of Milk	October 16 Walking Tacos Pinto Beans Sweet Yellow Corn Chilled Peaches Fresh Fruit Choice of Milk
October 19 Chicken & Cheese Quesadilla Sweet Yellow Corn Black Beans Chilled Pears Fresh Fruit Choice of Milk	October 20 WG Cheese or Pepperoni Pizza Turkey Wrap Carrot Sticks with Dip Garden Salad Applesauce Fresh Fruit Choice of Milk	October 21 Chicken Bacon Ranch Sliders Broccoli w/ Dip Black-eye Peas Fresh Fruit Fresh Apple Slices w/ Caramel Dipping Cup Choice of Milk *National Apple Day	October 22 Hot Dog on WG Bun Baked Beans Potato Wedges Mandarin Oranges Fresh Fruit Choice of Milk	October 23 Chicken Sandwich on WG Bun Green Beans Glazed Sweet Potatoes Mixed Fruit Fresh Fruit Choice of Milk
October 26 Chicken Tenders WG Roll Mashed Potatoes Glazed Carrots Applesauce Fresh Fruit Choice of Milk	October 27 Mini Cheese Ravioli & Sauce WG Roll PB&J Sandwich Garden Salad Black-eye Peas Chilled Peaches Fresh Fruit Choice of Milk	October 28 Chicken Fajitas Black Beans Sweet Yellow Corn Chilled Pears Fresh Fruit Choice of Milk	October 29 Sloppy Joe on WG Bun Broccoli & Cheese Coleslaw Mandarin Oranges Fresh Fruit Choice of Milk	October 30 Club Croissant Sweet Potato Fries Green Beans Fresh Apple Slices Fresh Fruit Choice of Milk

Families Making the Connection School Lunch Takes Center Stage

*Menu subject to change.

Step right up to celebrate National School Lunch Week October 12-16! The #NSLW2026 theme is "Cafeteria Circus", which offers an opportunity to both highlight how nutrition should take center stage for students and recognize our talented School Nutrition professionals who keep the show going each day with school lunch. Students can explore a world of flavors and foods under the big top in their school café to help them succeed in and out of the classroom. School lunch offers students choices of whole grains, fruits, vegetables, lean proteins, and milk to fuel their day. Students who eat school meals have more focus in class and

better test scores. During NSLW, School Nutrition professionals, school staff and students will find ways to celebrate with their schools and districts through special menus, events, activities, and more. The 2026 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs. For #NSLW2026 and all month, let's recognize our amazing, dedicated #NCSchoolNutritionHeroes for providing appealing, nutritious meals with a kind word, thank you note, social media post, etc. For more info about school meals and NSLW, go to www.schoolnutrition.org.