



## The College Prep & Leadership Academy 9-12 Lunch Menus for January 2024

Monday January 1	Tuesday January 2	Wednesday January 3	Thursday January 4	Friday January 5
<b>NO SCHOOL HAPPY NEW YEAR'S DAY</b>	<b>NO SCHOOL HOLIDAY BREAK</b>	<b>NO SCHOOL HOLIDAY BREAK</b>	<b>NO SCHOOL HOLIDAY BREAK</b>	<b>NO SCHOOL TEACHER WORKDAY</b>
<b>January 8</b> TURKEY & CHEESE SANDWICH OR CHICKEN ALFREDO MIXED VEGETABLES FRESH FRUIT FRESH APPLES LOW FAT OR SKIM MILK	<b>January 9</b> GRILLED CHICKEN SALAD OR BEEF TACOS (Lettuce, cheese, sauce) W/W Fajitas YELLOW CORN MEXICAN RICE DICED PEACHES 100% JUICE Low fat or Fat Free Milk	<b>January 10</b> FRIED CHICKEN TENDERS W/W DINNER ROLL MAC & CHEESE GREEN BEANS FRUIT COCKTAIL PINEAPPLE TIDBITS  Low fat or Fat Free Milk	<b>January 11</b> CHICKEN FILLET SANDWICH W/W HAMBURGER BUN POTATO WEDGES BAKED BEANS APPLESAUCE FRUIT COCKTAIL Low fat or Fat Free Milk	<b>January 12</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/TOMATO FRESH FRUIT 100% JUICE  Low fat or Fat Free Milk
<b>January 15</b> <b>NO SCHOOL MARTIN LUTHER KING JR. HOLIDAY</b>	<b>January 16</b> CHEF SALAD w/ ranch OR CHICKEN FAJITAS (lettuce, cheese, salsa) W/W Fajita PINTO BEANS DICED PEACHES 100% JUICE Low fat or Fat Free Milk	<b>January 17</b> SLOPPY JOE W/G HAMBURGER BUN POTATO WEDGES FRESH FRUIT TROPICAL FRUIT MIX  Low fat or Fat Free Milk	<b>January 18</b> CHICKEN FILLET SANDWICH W/W HAMBURGER BUN SWEET POTATOES BROCCOLI & CHEESE FRUIT COCKTAIL PINEAPPLE TIDBITS Low fat or Fat Free Milk	<b>January 19</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/TOMATO FRESH FRUIT 100% JUICE  Low fat or Fat Free Milk
<b>January 22</b> MEATBALLS W/GRAVY MASHED POTATOES YELLOW CORN FRUIT COCKTAIL PINEAPPLE TIDBITS  Low fat or Fat Free Milk	<b>January 23</b> TACO SALAD w/ nacho cheese, lettuce Tortilla Chips PINTO BEANS PINEAPPLE TIDBITS  Low fat or Fat Free Milk	<b>January 24</b> CHICKEN NUGETS W/W DINNER ROLL GLAZED CARROTS BROCCOLI & CHEESE DICED PEACHES TROPICAL FRUIT MIX Low fat or Fat Free Milk	<b>January 25</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/TOMATO FRESH FRUIT 100% JUICE Low fat or Fat Free Milk	<b>January 26</b> <b>NO SCHOOL TEACHER WORKDAY</b>
<b>January 29</b> HAMBURGER/CHEESE W/W HAMBURGER BUN SHRED. LETTUCE BAKED BEANS FRUIT COCKTAIL Low fat or Fat Free Milk	<b>January 30</b> PHILLY STEAK & CHEESE W/W FAJITA WRAP Lettuce, diced tomatoes YELLOW CORN FRESH FRUIT DICED PEACHES Low fat or Fat Free Milk	<b>January 31</b> FRIED CHICKEN W/W DINNER ROLL SWEET POTATOES MIXED VEGETABLES DICED PEARS PINEAPPLE TIDBITS Low fat or Fat Free Milk		

## Nutrition Byte

### An Apple a Day!

Apples are a fruit that grow on trees. Did you know they are grown in all fifty of the United States? For North Carolina, apples are an important part of our agriculture economy.

Sweet or tart – there is an apple for every taste. Apples come in a variety of different sizes, colors, and flavors. A number of different cultivars are grown in North Carolina. Red Delicious, Golden Delicious, Granny Smith, Gala, Fuji, Honey Crisp, Empire, Rome Beauty, and Pink Lady are a few examples.

**Fun Fact:** Cut an apple cross-wise to see how the seeds and carpels form a “star” design.

Apples can be available year-round. North Carolina apples can be purchased July through February. To find an apple orchard nearby, visit the N.C. Department of Agriculture & Consumer Services website, <https://gottobenc.com/find-local>. Or use the Visit N.C. farms app, <https://visitncfarmstoday.com/>.