



The College Prep & Leadership K-12 Breakfast Menus for April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
April 1	April 2	April 3	April 4	April 5
NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK
April 8 W/G PANCAKES w/syrup BACON STRIPS OR ASSORTED CEREAL NUTRI GRAIN BAR FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	April 9 BREAKFAST POTATOES TURKEY SAUSAGE OR ASSORTED CEREAL W/G GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	April 10 GRITS w/ butter SAUSAGE LINKS OR ASSORTED CEREAL GRANOLA BAR ORANGES 100% JUICE Lowfat or Fat Free Milk	April 11 SAUSAGE, EGG, & CHEESE BREAKFAST SLIDER OR W/G DANISH TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	April 12 W/G WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREAL W/G GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk
April 15 FRENCH TOAST STICKS w/ syrup SAUSAGE PATTY OR ASSORTED CEREAL NUTRI GRAIN BAR FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	April 16 PANCAKE & SAUSAGE ON- STICK OR NONFAT YOGURT W/G GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	April 17 GRITS w/ butter BACON STRIPS OR ASSORTED CEREAL GRANOLA BAR ORANGES 100% JUICE Lowfat or Fat Free Milk	April 18 W/G SAUSAGE BISCUITS OR BLUEBERRY MUFFINS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	April 19 CHICKEN FRITTER BISCUITS OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk
April 22 W/G PANCAKES w/ syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BAR FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	April 23 W/G SAUSAGE, EGG & CHEESE BISCUITS OR ASSORTED CEREAL NUTRI GRAIN BARS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	April 24 GRITS w/ butter BACON STRIPS OR ASSORTED CEREAL GRANOLA BAR ORANGES 100% JUICE Lowfat or Fat Free Milk	April 25 BREAKFAST POTATOES SAUSAGE PATTIES OR NONFAT YOGURT GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	April 26 W/G WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREAL W/G GRAHAM CRACKERS DICED PEARS 100% JUICE Lowfat or Fat Free Milk
April 29 FRENCH TOAST STICKS w/ syrup SAUSAGE PATTY OR ASSORTED CEREAL NUTRI GRAIN BAR FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	April 30 SAUSAGE BISCUITS OR NONFAT YOGURT GRANOLA BARS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk			

Nutrition Byte

Kale Yeah!

Did you know that kale has been around for over 2,000 years? It descended from a wild cabbage found in eastern Europe and parts of Asia. Kale is grown all over the world. In the United States, California, Georgia, New Jersey, Texas, and North Carolina are the top kale producing states!

Kale is a green leafy vegetable, part of the cabbage or Brassicaceae family. Kale is considered a cool-season crop but can be grown and harvested almost year-round. It prefers cooler weather and loamy soil. Kale can survive and may taste sweeter when harvested after a frost.

Kale is considered a superfood—a nutritional powerhouse of vitamins and antioxidants. One cup of raw (loosely packed) kale has about 8 calories and ½ cup of cooked, chopped kale has about 18 calories. Raw and cooked kale are excellent



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

Monday	Tuesday	Wednesday	Thursday	Friday
April 1	April 2	April 3	April 4	April 5
NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK
April 8	April 9	April 10	April 11	April 12
CHICKEN ALFREDO OR TURKEY & CHEESE SANDWHICH MIXED VEGETABLES FRESH FRUIT LOWFAT OR FAT FREE MILK	GRILLED CHICKEN SALAD w/ranch OR BEEF TACO w/shred cheese/lettuce W/W FAJITA YELLOW CORN MEXICAN RICE DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	JUMBO CHICKEN TENDERS W/W DINNER ROLL MACARONI & CHEESE GREEN BEANS FRUIT COCKTAIL PINEAPPLE TIDBITS Lowfat or Fat Free Milk	CHICKEN FILLET SANDWHICH POTATO WEDGES BAKED BEANS APPLESAUCE FRUIT COCKTAIL Lowfat or Fat Free Milk	PIZZA (PEPPERONI/CHEESE) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT DICED PEACHES Lowfat or Fat Free Milk
April 15	April 16	April 17	April 18	April 19
SLOPPY JOE SANDWHICH POTATO WEDGES FRESH FRUIT Lowfat or Fat Free Milk	CHEF SALAD w/RANCH OR CHICKEN FAJITA shred cheese/lettuce PINTO BEANS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES GREEN BEANS TROPICAL FRUIT MIX FRESH FRUIT Lowfat or Fat Free Milk	BAKED SPAGHETTI ROMAINE SALAD MIX CUCUMBER/TOMATOES FRUIT COCKTAIL PINEAPPLE TIDBITS Lowfat or Fat Free Milk	PIZZA (PEPPERONI/CHEESE) BAKED CHIPS FRESH FRUIT 100% JUICE Lowfat or Fat Free Milk
April 22	April 23	April 24	April 25	April 26
MEATBALLS w/gravy MASHED POTATOES GREEN BEANS DICED PEARS FRESH FRUIT Lowfat or Fat Free Milk	TACO SALAD w/nacho cheese, lettuce PINTO BEANS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	CHICKEN NUGGETS W/W DINNER ROLL BROCCOLI & CHEESE YELLOW CORN DICED PEACHES TROPICAL FRUIT MIX Lowfat or Fat Free Milk	SWEET & SOUR CHICKEN W/W EGG ROLL STEAMED BROCCOLI YELLOW RICE FRESH FRUIT Lowfat or Fat Free Milk	PIZZA (PEPPERONI/ CHEESE) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT 100% JUICE Lowfat or Fat Free Milk
April 29	April 30			
CHICKEN FILLET SANDWHICH BAKED BEANS SWEET POTATOE FRIES FRUIT COCKTAIL Lowfat or Fat Free Milk	PHILLY STEAK & CHEESE WRAP w/provolone cheese Shred lettuce, diced tomato YELLOW CORN FRESH FRUIT 100% JUICE Lowfat or Fat Free Milk			

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