



The College Preparatory & Leadership Academy K-12 Breakfast Menus for May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		May 1 GRITS w/butter BACON STRIPS OR ASSORTED CEREAL GRAHAM CRACKERS ORANGES 100% JUICE Lowfat or Fat Free Milk	May 2 CINNAMON ROLLS TURKEY SAUSAGE OR ASSORTED CEREAL NUTRI GRAIN BAR APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	May 3 PANCAKE & SAUSAGE STICK OR ASSORTED CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk
May 6 NO SCHOOL TEACHER WORKDAY	May 7 NO SCHOOL TEACHER WORKDAY	May 8 Entrée GRITS w/butter BACON STRIPS OR ASSORTED CEREAL GRAHAM CRACKERS ORANGES 100% JUICE Lowfat or Fat Free Milk	May 9 PANCAKE w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BAR FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	May 10 SAUSAGE, EGG & CHEESE BREAKFAST SANDWICH OR W/G DANISHES TROPICAL FRUIT 100% JUICE Lowfat or Fat Free Milk
May 13 FRENCH TOAST STICKS TURKEY SAUSAGE OR ASSORTED CEREAL FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	May 14 PANCAKE & SAUSAGE STICK OR NONFAT YOGURT NUTRI GRAIN BAR FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	May 15 GRITS w/butter BACON STRIPS OR ASSORTED CEREAL GRAHAM CRACKERS ORANGES 100% JUICE Lowfat or Fat Free Milk	May 16 SAUSAGE BISCUIT w/grape jelly OR BLUEBERRY MUFFINS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	May 17 CHICKEN FRITTER BISCUIT OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk
May 20 PANCAKE w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BAR FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	May 21 SAUSAGE, EGG & CHEESE BISCUIT OR ASSORTED CEREAL NUTRI GRAIN BAR DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	May 22 GRITS w/butter BACON STRIPS OR ASSORTED CEREAL GRAHAM CRACKERS ORANGES 100% JUICE Lowfat or Fat Free Milk	May 23 BREAKFAST POTATOES SAUSAGE PATTIES OR NONFAT YOGURT GRAHAM CRACKER PINEAPPLE TIDBIT 100% JUICE Lowfat or Fat Free Milk	May 24 WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREAL DICED PEARS 100% JUICE Lowfat or Fat Free Milk
May 27 NO SCHOOL MEMORIAL DAY HOLIDAY	May 28 W/G SAUSAGE BISCUIT OR NONFAT YOGURT GRANOLA BARS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	May 29 GRITS w/butter BACON STRIPS OR ASSORTED CEREAL GRAHAM CRACKERS ORANGES 100% JUICE Lowfat or Fat Free Milk	May 30 CINNAMON ROLLS TURKEY SAUSAGE OR ASSORTED CEREAL NUTRI GRAIN BAR APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	May 31 PANCAKE & SAUSAGE STICK OR ASSORTED CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk

Nutrition Byte

Strawberries are SUPER!

Strawberries are fruits that grow on small plants. The strawberry is the 5th most popular fruit in the United States behind bananas, apples, oranges, and grapes. Strawberries can be available year-round. Peak season in the U.S. is May to July and in North Carolina is mid-April to mid-June. Did you know May is National Strawberry Month?

North Carolina is the 4th largest strawberry producer in the nation. North Carolina has many “pick your own” farms. **Nutrilink:** Find one near you at GottoBeNC.com.

Is a strawberry really a berry? A strawberry is not considered a true berry (like blueberries and cranberries) because its seeds are on the outside of the fruit. Did you know that an average strawberry has around 200 seeds?



The College Preparatory & Leadership Academy 9-12 Lunch Menus for May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		May 1 FRIED CHICKEN W/W DINNER ROLL GREEN BEANS YELLOW CORN DICED PEARS Lowfat or Fat Free Milk	May 2 BBQ MEATBALLS W/W DINNER ROLL MASHED POTATOES MIXED VEGETABLES DICED PEACHES Lowfat or Fat Free Milk	May 3 PIZZA (PEPPERONI/CHEESE) ROMAINE SALAD MIX CUCUMBERS/TOMATO FRESH FRUIT 100% JUICE Lowfat or Fat Free Milk
May 6 NO SCHOOL TEACHER WORKDAY	May 7 NO SCHOOL TEACHER WORKDAY	May 8 BEEF TACOS w/shred cheese/lettuce W/W FAJITA YELLOW CORN MEXICAN RICE DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	May 9 CHICKEN FILLET SANDWICH POTATO WEDGES APPLESAUCE FRUIT COCKTAIL Lowfat or Fat Free Milk	May 10 PIZZA (PEPPERONI/CHEESE) ROMAINE SALAD MIX CUCUMBERS/TOMATO FRESH FRUIT DICED PEACHES Lowfat or Fat Free Milk
May 13 SLOPPY JOE SANDWICH W/G HAMBURGER BUN POTATO WEDGES FRESH FRUIT Lowfat or Fat Free Milk	May 14 CHICKEN FAJITAS Shred cheese/salsa W/G TORTILLA PINTO BEANS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	May 15 FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES MIXED VEGETABLES TROPICAL FRUIT MIX FRESH FRUIT Lowfat or Fat Free Milk	May 16 BAKED SPAGHETTI ROMAINE SALAD MIX CUCUMBER/TOMATO FRUIT COCKTAIL PINEAPPLE TIDBITS Lowfat or Fat Free Milk	May 17 PIZZA (PERRONI/CHEESE) BAKED CHIPS FRESH FRUIT 100% JUICE Lowfat or Fat Free Milk
May 20 MEATBALLS w/gravy W/W DINNER ROLL GREEN BEANS MASHED POTATOES DICED PEARS FRESH FRUIT Lowfat or Fat Free Milk	May 21 TACO SALAD w/nacho cheese W/W TORTILLA CHIPS SHRED LETTUCE PINTO BEANS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	May 22 CHICKEN FILLET SANDWICH POTATO WEDGES APPLESAUCE FRUIT COCKTAIL Lowfat or Fat Free Milk	May 23 CHICKEN NUGGETS W/W DINNER ROLL GLAZED CARROTS DICED PEACHES TROPICAL FRUIT MIX Lowfat or Fat Free Milk	May 24 PIZZA (PEPPERONI/ CHEESE) BAKED CHIPS FRESH FRUIT 100% JUICE Lowfat or Fat Free Milk
May 27 NO SCHOOL MEMORIAL DAY HOLIDAY	May 28 PHILLY STEAK & CHEESE WRAP W/W FAJITA SHRED LETTUCE DICED TOMATOES YELLOW CORN FRESH FRUIT 100% JUICE Lowfat or Fat Free Milk	May 29 FRIED CHICKEN W/W DINNER ROLL GREEN BEANS YELLOW CORN DICED PEARS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	May 30 BBQ MEATBALLS W/W DINNER ROLL MASHED POTATOES DICED PEACHES PINEAPPLE TIDBITS Lowfat or Fat Free Milk	May 31 PIZZA (PEPPERONI/CHEESE) ROMAINE SALAD MIX CUCUMBERS/TOMATO FRESH FRUIT 100% JUICE Lowfat or Fat Free Milk

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Is a strawberry really a berry? A strawberry is not considered a true berry (like blueberries and cranberries) because its seeds are on the outside of the fruit. Did you know that an

average strawberry has around 200 seeds? Each “seed” on the outside of a strawberry is considered an individual fruit. Strawberries are fun to eat fresh, whole or sliced, as a snack or part of a meal. You can add them to salads or lowfat yogurt. Use as a topping for waffles, pancakes, or cereal. Or blend into smoothies. Strawberries will not ripen after picking. Choose strawberries with a solid red color, and very little green or white. Wash your strawberries thoroughly under clean, running water.

Strawberries are a superfood—packed with nutrients. Not only are strawberries deliciously sweet but they also help keep you healthy. Strawberries are an excellent source of vitamin C.

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<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>