



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

Monday	Tuesday	Wednesday	Thursday	Friday
				November 1 WAFFLES w/ syrup TURKEY SAUSAGE OR ASSORTED CEREAL NUTRI GRAIN BAR FRESH FRUIT 100% JUICE Lowfat or Fat Free Milk
November 4 PANCAKES w/syrup SAUSAGE LINKS Or ASSORTED CEREAL NUTRI GRAIN BARS FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	November 5 NO SCHOOL GO VOTE!!!	November 6 GRITS w/ butter BACON STRIPS Or ASSORTED CEREAL GRANOLA BARS ORANGES 100% JUICE Lowfat or Fat Free Milk	November 7 W/G SAUSAGE, EGG, & CHEESE BISCUITS OR DANISHES FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	November 8 WAFFLES w/syrup BACON STRIPS OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk
November 11 NO SCHOOL VETERANS DAY	November 12 PANCAKE & SAUSAGE ON STICK OR NONFAT YOGURT NUTRI GRAIN BARS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	November 13 GRITS w/ butter BACON STRIPS Or ASSORTED CEREAL GRANOLA BARS ORANGES 100% JUICE Low fat or Fat Free Milk	November 14 SAUSAGE BISCUITS w/jelly OR W/G BLUEBERRY MUFFINS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	November 15 CHICKEN FRITTER BISCUITS w/jelly OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk
November 18 PANCAKES w/syrup BACON STRIPS OR ASSORTED CEREAL NUTRIGRAIN BARS FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	November 19 BREAKFAST POTATOES SAUSAGE PATTIES OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	November 20 GRITS w/ butter BACON STRIPS Or ASSORTED CEREAL GRANOLA BARS ORANGES 100% JUICE Lowfat or Fat Free Milk	November 21 TURKEY SAUSAGE, EGG & CHEESE BISCUITS OR NONFAT YOGURT GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	November 22 FRENCH TOAST STICKS w/ syrup SAUSAGE LINKS OR ASSORTED CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk
November 25 NO SCHOOL THANKSGIVING BREAK	November 26 NO SCHOOL THANKSGIVING BREAK	November 27 NO SCHOOL THANKSGIVING BREAK	November 28 NO SCHOOL THANKSGIVING BREAK	November 29 NO SCHOOL THANKSGIVING BREAK

Nutrition Byte

Celebrate #NCFarmers from the Mountains to the Sea!

In 2023, the North Carolina General Assembly established the second Thursday in November as N.C. Farmer Appreciation Day as an opportunity to thank all our farmers and farm families. The inaugural event is November 14, 2024.

North Carolina is rich in agriculture from the mountains to the sea. The farmers that produce food, fiber, and fuel in our state do so with heart and pride. Learn more and find



resources to celebrate our farmers and all they produce at <https://www.ncfarmerappreciation.com>. Recognize and thank #NCFarmers on social media using #NCFarmersAppreciationDay and #MountaintoSea. Tag @NCFarmersAppreciationDay.

Did you know?

This institution is an equal opportunity provider.
<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>



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

Monday	Tuesday	Wednesday	Thursday	Friday
				November 1 PIZZA (cheese/pepperoni) BAKED CHIPS FRESH FRUIT Lowfat or Fat Free Milk
November 4 CHICKEN FILLET SANDWICH SWEET POTATOES w/marshmallows GREEN BEANS APPLESAUCE TROPICAL FRUIT Lowfat or Fat Free Milk	November 5 NO SCHOOL GO VOTE!!!	November 6 FRIED CHICKEN LEGS W/W DINNER ROLL MASHED POTATOES BROCCOLI & CHEESE DICED PEARS FRESH FRUIT Low fat or Fat Free Milk	November 7 SLOPPY JOE SANDWICH W/W HAMBURGER BUN POTATO WEDGES FRUIT COCKTAIL DICED PEARS Lowfat or Fat Free Milk	November 8 PIZZA (cheese/pepperoni) ROMAINE SALAD MIX w/ ranch CUCUMBERS & TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
November 11 NO SCHOOL VETERANS DAY	November 12 CHICKEN FAJITAS W/ shred cheese, salsa, lettuce PINTO BEANS YELLOW CORN FRUIT COCKTAIL DICED PEACHES Lowfat or Fat Free Milk	November 13 FRIED CHICKEN TENDERS W/W DINNER ROLL MASHED POTATOES TURNIP GREENS DICED PEACHES FRESH FRUIT Lowfat or Fat Free Milk	November 14 BBQ MEATBALLS W/W DINNER ROLL WHITE RICE GREEN BEANS GLAZED CARROTS TROPICAL MIX PINEAPPLE TIDBITS Lowfat or Fat Free Milk	November 15 PIZZA (cheese/pepperoni) BAKED CHIPS FRESH FRUIT Low fat or Fat Free Milk
November 18 CHEESEBURGER MAC GREEN BEANS MANDARIN ORANGES FRESH FRUIT Lowfat or Fat Free Milk	November 19 BEEF TACOS w/ shredded cheese, lettuce YELLOW CORN DICED PEACHES FRESH FRUIT Lowfat or Fat Free Milk	November 20 FRIED CHICKEN LEGS W/W DINNER ROLL MACARONI & CHEESE TURNIP GREENS DICED PEARS FRESH FRUIT Lowfat or Fat Free Milk	November 21 GLAZED TURKEY CORN BREAD DRESSING SWEET POTATOES w/ marshmallows GREEN BEANS FRUIT COCKTAIL DICED PEACHES Lowfat or Fat Free Milk	November 22 PIZZA (cheese/pepperoni) ROMAINE SALAD MIX w/ ranch CUCUMBERS & TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
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#NCFarmersAppreciationDay and #MountaintoSea.
Tag @NCFarmersAppreciationDay.

Did you know?

- Agriculture is North Carolina's #1 industry with an economic impact of over \$100 billion dollars annually.
- There are 74,062 farmers and 46,000 farms in the state. 1,827 are centennial farms and 27 are bicentennial.
- N.C. ranks 3rd for agriculture diversity and is a top producer of sweetpotatoes, cucumbers, eggs, poultry, pork, and more.