



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

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| <b>December 2</b><br>SAUSAGE, EGG & CHEESE<br>BISCUITS w/grape jelly<br>OR<br>ASSORTED CEREAL<br>NUTRI GRAIN BARS<br>APPLESAUCE<br>100% JUICE<br>Lowfat or Fat Free Milk | <b>December 3</b><br>YOPLAIT YOGURT<br>GRAHAM CRACKERS<br>OR<br>ASSORTED CEREAL<br>GRAHAM CRACKERS<br>DICED PEACHES<br>100% JUICE<br>Lowfat or Fat Free Milk    | <b>December 4</b><br>GRITS w/ butter<br>BACON STRIPS<br>OR<br>ASSORTED CEREAL<br>GRANOLA BARS<br>ORANGES<br>100% JUICE<br>Lowfat or Fat Free Milk   | <b>December 5</b><br>DANISHES<br>OR<br>ASSORTED CEREAL<br>GRANOLA BARS<br>FRUIT COCKTAIL<br>100% JUICE<br>Lowfat or Fat Free Milk          | <b>December 6</b><br>WAFFLES w/syrup<br>SAUSAGE LINKS<br>OR<br>ASSORTED CEREAL<br>GRAHAM CRACKERS<br>APPLESAUCE<br>100% JUICE<br>Lowfat or Fat Free Milk |
| <b>December 9</b><br>FRENCH TOAST sticks<br>w/syrup<br>OR<br>ASSORTED CEREAL<br>FRESH STRAWBERRIES<br>100% JUICE<br>Lowfat or Fat Free Milk                              | <b>December 10</b><br>YOPLAIT YOGURT<br>GRAHAM CRACKERS<br>OR<br>ASSORTED CEREAL<br>GRAHAM CRACKERS<br>FRUIT COCKTAIL<br>100% JUICE<br>Low fat or Fat Free Milk | <b>December 11</b><br>GRITS w/ butter<br>BACON STRIPS<br>OR<br>ASSORTED CEREAL<br>GRANOLA BARS<br>ORANGES<br>100% JUICE<br>Low fat or Fat Free Milk | <b>December 12</b><br>BLUEBERRY MUFFINS<br>OR<br>ASSORTED CEREAL<br>GRAHAM CRACKERS<br>APPLESAUCE<br>100% JUICE<br>Lowfat or Fat Free Milk | <b>December 13</b><br>SAUSAGE BISCUITS w/jelly<br>OR<br>ASSORTED CEREAL<br>GRAHAM CRACKERS<br>DICED PEACHES<br>100% JUICE<br>Lowfat or Fat Free Milk     |
| <b>December 16</b><br>PANCAKES w/syrup<br>BACON STRIPS<br>OR<br>ASSORTED CEREAL<br>NUTRIGRAIN BAR<br>FRESH STRAWBERRIES<br>100% JUICE<br>Lowfat or Fat Free Milk         | <b>December 17</b><br>YOPLAIT YOGURT<br>GRAHAM CRACKERS<br>OR<br>ASSORTED CEREAL<br>GRAHAM CRACKERS<br>APPLESAUCE<br>100% JUICE<br>Low fat or Fat Free Milk     | <b>December 18</b><br>GRITS w/ butter<br>BACON STRIPS<br>OR<br>ASSORTED CEREAL<br>GRANOLA BARS<br>ORANGES<br>100% JUICE<br>Low fat or Fat Free Milk | <b>December 19</b><br><br><b>NO SCHOOL<br/>           CHRISTMAS BREAK</b>  | <b>December 20</b><br><br><b>NO SCHOOL<br/>           CHRISTMAS BREAK</b>  |
| <b>December 23</b><br><br><b>NO SCHOOL<br/>           CHRISTMAS BREAK</b>  | <b>December 24</b><br><br><b>NO SCHOOL<br/>           CHRISTMAS BREAK</b>   | <b>December 25</b><br><br><b>NO SCHOOL<br/>           CHRISTMAS BREAK</b>   | <b>December 26</b><br><br><b>NO SCHOOL<br/>           CHRISTMAS BREAK</b>  | <b>December 27</b><br><br><b>NO SCHOOL<br/>           CHRISTMAS BREAK</b>  |
| <b>December 30</b><br><br><b>NO SCHOOL<br/>           CHRISTMAS BREAK</b>  | <b>December 31</b><br><br><b>NO SCHOOL<br/>           CHRISTMAS BREAK</b>   |   |  |  |

### Nutrition Byte

#### Celebrate the Healthy Way!

It seems like every time you head to school or class there is another event to celebrate – birthdays, holidays, team wins, good grades, etc.! Often those celebrations involve food – sugary drinks, cupcakes, donuts, cookies, ice cream, or candy. These types of foods don't offer nutrients to help you look, learn, and feel your best so try some different strategies to celebrate and treat your body right! **Nutrilink:** Learn more at [www.actionforhealthykids.org/activity/healthy-active-parties](http://www.actionforhealthykids.org/activity/healthy-active-parties).

- Work with your class to find healthy ways to recognize special events or accomplishments. Try options that don't involve food or screens like time for reading, listening to music, or participating in active games, sports, or dancing.
- Offer water, 100% juice, and/or lowfat or fat free milk instead of sodas or other drinks that have sugar and caffeine.
- Include nutritious options if you do have food for a party like fruits, vegetables, whole grains, and/or lowfat or fat free



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

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| <b>December 2</b><br>TACO SALAD w/ nacho cheese, salsa<br>TORTILLA CHIPS<br>SHRED LETTUCE<br>PINTO BEANS<br>FRUIT COCKTAIL<br>DICED PEACHES<br>Lowfat or Fat Free Milk | <b>December 3</b><br>CHICKEN FILLET SANDWICH<br>SWEET POTATOES w marshmallows<br>APPLESAUCE<br>TROPICAL FRUIT<br>Lowfat or Fat Free Milk        | <b>December 4</b><br>FRIED CHICKEN W/W DINNER ROLL<br>MASHED POTATOES<br>BROCCOLI & CHEESE<br>DICED PEARS<br>TROPICAL FRUIT MIX<br>Lowfat or Fat Free Milk | <b>December 5</b><br>SLOPPY JOE SANDWICH W/W HAMBURGER BUN<br>GREEN BEANS<br>YELLOW CORN<br>FRUIT COCKTAIL<br>DICED PEARS<br>Lowfat or Fat Free Milk | <b>December 6</b><br>PIZZA (PEPPERONI/ CHEESE)<br>POTATO WEDGES<br>FRESH FRUIT<br>Low fat or Fat Free Milk      |
| <b>December 9</b><br>MEATBALLS w/ gravy W/W DINNER ROLL<br>STEAMED RICE<br>GREEN BEANS<br>TROPICAL FRUIT MIX<br>PINEAPPLE TIDBITS<br>Lowfat or Fat Free Milk           | <b>December 10</b><br>CHICKEN FAJITAS W/W FAJITA<br>SHRED LETTUCE<br>PINTO BEANS<br>FRUIT COCKTAIL<br>DICED PEACHES<br>Lowfat or Fat Free Milk  | <b>December 11</b><br>FRIED CHICKEN W/W DINNER ROLL<br>MACARONI & CHEESE<br>DICED PEACHES<br>FRESH FRUIT<br>Low fat or Fat Free Milk                       | <b>December 12</b><br>CHICKEN ALFREDO W/W ZITI NOODLES<br>STEAMED BROCCOLI & CHEESE<br>FRESH FRUIT<br>DICED PEACHES<br>Lowfat or Fat Free Milk       | <b>December 13</b><br>PIZZA (PEPPERONI/ CHEESE)<br>BAKED POTATO CHIPS<br>FRESH FRUIT<br>Lowfat or Fat Free Milk |
| <b>December 16</b><br>CHEESEBURGER MAC GREENS BEANS<br>MANDARIN ORANGES<br>FRUIT COCKTAIL<br>Low fat or Fat Free Milk  | <b>December 17</b><br>BEEF TACOS w/shred cheese, lettuce W/W TORTILLA<br>YELLOW CORN<br>DICED PEACHES<br>FRESH FRUIT<br>Lowfat or Fat Free Milk | <b>December 18</b><br>FRIED CHICKEN W/W DINNER ROLL<br>MASHED POTATOES<br>DICED PEARS<br>FRESH FRUIT<br>Lowfat or Fat Free Milk                            | <b>December 19</b><br><br><b>NO SCHOOL CHRISTMAS BREAK</b>   | <b>December 20</b><br><br><b>NO SCHOOL CHRISTMAS BREAK</b>  |
| <b>December 23</b><br><br><b>NO SCHOOL CHRISTMAS BREAK</b>   | <b>December 24</b><br><br><b>NO SCHOOL CHRISTMAS BREAK</b>  | <b>December 25</b><br><br><b>NO SCHOOL CHRISTMAS BREAK</b>   | <b>December 26</b><br><br><b>NO SCHOOL CHRISTMAS BREAK</b>   | <b>December 27</b><br><br><b>NO SCHOOL CHRISTMAS BREAK</b>  |
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music, or participating in active games, sports, or dancing.

- Offer water, 100% juice, and/or lowfat or fat free milk instead of sodas or other drinks that have sugar and caffeine.
- Include nutritious options if you do have food for a party like fruits, vegetables, whole grains, and/or lowfat or fat free dairy. Some ideas - whole grain tortilla chips with salsa, fruit with a yogurt dip, parfaits with fruit, yogurt, and whole grain cereal, veggies with lowfat dressing, or smoothies. Check to see if you can purchase nutritious, fun snacks from your School Nutrition Program for events.

- Read food labels to make smart choices. Be careful of any food allergens for you, other students, and staff.