



The College Preparatory & Leadership Academy Breakfast Menus for January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		January 1 NO SCHOOL WINTER BREAK	January 2 NO SCHOOL WINTER BREAK	January 3 NO SCHOOL WINTER BREAK
January 6 PANCAKES W/ SYRUP SAUSAGE LINKS OR ASSORTED CERAL FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	January 7 YOGURT GRAHAM CRACKERS OR ASSORTED CEREAL APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	January 8 GRITS w/butter BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	January 9 W/G BLUEBERRY MUFFINS OR ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	January 10 BREAKFAST POTATOES SAUSAGE PATTIES OR ASSORTED CERAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk
January 13 SAUSAGE, EGG & CHEESE BISCUIT w/ grape jelly OR ASSORTED CEREAL NUTRI GRAIN BARS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	January 14 YOGURT GRAHAM CRACKERS OR ASSORTED CEREAL DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	January 15 GRITS w/butter BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	January 16 W/G WARM DANISHES OR ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	January 17 W/G WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk
January 20 NO SCHOOL MARTIN LUTHER KING JR. DAY	January 21 FRENCH TOAST STICKS SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BARS FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	January 22 GRITS w/butter BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	January 23 W/G BLUEBERRY MUFFINS OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	January 24 SAUSAGE BISCUITS w/jelly OR ASSORTED CEREAL W/G GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk
January 27 BACON, EGG & CHEESE BISCUIT OR ASSORTED CEREAL NUTRI GRAIN BARS Lowfat or Fat Free Milk	January 28 YOGURT GRAHAM CRACKERS OR ASSORTED CEREAL FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	January 29 GRITS w/butter BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	January 30 W/G WARM DANISHES OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	January 31 Entrée Entrée Fruit Fruit Lowfat or Fat Free Milk

Nutrition Byte

Exercise = Energize!

Exercise is more than good for you. It can rev up your energy levels and improve your mood. It can also help you focus, sleep better, look good, and stay at a healthy weight. Get ready to energize!

Think 3 – three ways to exercise:

1. **Work out your heart.** Aerobic exercise gets your heart pumping. Dancing, swimming, biking, running, taking a brisk walk, or playing volleyball, football, basketball, soccer, pickle ball, or tennis are some options.

2. **Strengthen your muscles.** Besides giving you more power, strengthening protects you from injuries. It also helps you burn more calories. Weightlifting isn't the only way to get strong. In fact, leg lunges or squats, pull-ups, push-ups, planks, and ab crunches work.
3. **Keep your body flexible.** Flexibility keeps muscles and joints from getting stiff. It can also help improve performance and protect your body from sprains or strains. Stret



The College Preparatory & Leadership 9-12 Lunch Menus for January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		January 1 NO SCHOOL WINTER BREAK	January 2 NO SCHOOL WINTER BREAK	January 3 NO SCHOOL WINTER BREAK
January 6 CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN SWEET POTATOES MIXED VEGETABLES FRUIT COCKTAIL DICED PEACHES Lowfat or Fat Free Milk	January 7 TACO SALAD w/nacho cheese W/W TORTILLA CHIPS Shred lettuce/cheese/salsa PINTO BEANS DICED PEACHES FRESH FRUIT Lowfat or Fat Free Milk	January 8 FRIED CHICKEN W/W DINNER ROLL BROCCOLI & CHEESE DICED PEARS TROPICAL FRUIT MIX Lowfat or Fat Free Milk	January 9 BEEF-A-RONI YELLOW CORN TROPICAL FRUIT MIX DICED PEARS Lowfat or Fat Free Milk	January 10 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
January 13 BBQ MEATBALLS W/W DINNER ROLLS MIXED VEGETABLES MASHED POTATOES FRESH FRUIT FRESH FRUIT(APPLE) Lowfat or Fat Free Milk	January 14 CHICKEN FAJITAS W/W FAJITAS Shred lettuce/cheese/salsa BAKED BEANS YELLOW CORN FRUIT COCKTAIL DICED PEACHES Lowfat or Fat Free Milk	January 15 CHICKEN TENDERS W/W DINNER ROLL MAC & CHEESE GREEN BEANS DICED PEACHES FRESH FRUIT Lowfat or Fat Free Milk	January 16 SWEET & SOUR CHICKEN DUCK/SOY SAUCE W/G EGG ROLL STEAMED RICE BROCCOLI PINEAPPLE TIDBITS TROPICAL FRUIT MIX Lowfat or Fat Free Milk	January 17 PIZZA (CHEESE/PEPPERONI) POTATO WEDGES FRESH FRUIT Lowfat or Fat Free Milk
January 20 NO SCHOOL MARTIN LUTHER KING JR. DAY	January 21 TACO SALAD w/nacho cheese W/W TORTILLA CHIPS Shred lettuce/cheese/salsa YELLOW CORN DICED PEACHES FRESH FRUIT Lowfat or Fat Free Milk	January 22 FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES TURNIP GREENS DICED PEARS FRESH FRUIT Lowfat or Fat Free Milk	January 23 CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN SWEET POTATOES FRUIT COCKTAIL DICED PEACHES Lowfat or Fat Free Milk	January 24 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
January 27 HAMBURGER w/cheese Lettuce/tomatoes W/W HAMBURGER BUN POTATO WEDGES FRESH FRUIT FRUIT COCKTAIL Lowfat or Fat Free Milk	January 28 CHICKEN FAJITAS W/W FAJITAS Shred lettuce/cheese/salsa PINTO BEANS PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	January 29 CHICKEN NUGGETS W/W DINNER ROLL GLAZED CARROTS GREEN BEANS DICED PEACHES FRUIT COCKTAIL Lowfat or Fat Free Milk	January 30 BAKED SPAGHETTI ROMAINE SALAD MIX CUCUMBERS/TOMATOES TROPICAL FRUIT MIX FRESH FRUIT Lowfat or Fat Free Milk	January 31 PIZZA (CHEESE/PEPPERONI) BAKED POTATO CHIPS FRESH FRUIT Lowfat or Fat Free Milk

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- 3. Keep your body flexible.** Flexibility keeps muscles and joints from getting stiff. It can also help improve performance and protect your body from sprains or strains. Stretching or doing yoga, tai chi, or pilates can help.

Play 60 – According to the Physical Activity Guidelines for Americans, <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>, youth should be active at least 60 minutes each day. Choose fun ways to move more, be active, and exercise that you enjoy and can make part of your routine.