



The College Preparatory & Leadership K-12 Breakfast Menus for March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
March 3 PANCAKE w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BARS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	March 4 YOPLAIT YOGURT GRAHAM CRACKERS OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	March 5 GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	March 6 BLUEBERRY MUFFINS OR ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	March 7 BREAKFAST POTATOES TURKEY SAUSAGE PATTY OR ASSORTED CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk
March 10 NO SCHOOL TEACHER WORKDAY	March 11 YOPLAIT YOGURT GRAHAM CRACKERS OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	March 12 GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	March 13 WARM DANISHES OR ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	March 14 BREAKFAST POTATOES SAUSAGE PATTY OR ASSORTED CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk
March 17 PANCAKE w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BARS FRESH ORANGES 100% JUICE Lowfat or Fat Free Milk	March 18 YOPLAIT YOGURT GRAHAM CRACKERS OR ASSORTED CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	March 19 GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	March 20 BLUEBERRY MUFFINS OR ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	March 21 TURKEY SAUSAGE BISCUITS w/ grape jelly OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk
March 24 BACON, EGG & CHEESE BISCUITS OR ASSORTED CEREAL NUTRI GRAIN BARS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	March 25 YOPLAIT YOGURT GRAHAM CRACKERS OR ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	March 26 GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL GRAHAM CRACKERS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	March 27 WARM DANISHES OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	March 28 NO SCHOOL TEACHER WORKDAY
March 31 SPRNG BREAK				

Nutrition Byte

Clue In To School Breakfast!

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...

- Strengthens the brain.
- Helps establish healthy eating habits.
- Offers an opportunity to try new foods.

- Improves mood and behavior.
- Gives you energy.
- Keeps you healthy.

With all these benefits, why wouldn't you eat breakfast? Try school breakfast. Most North Carolina schools offer breakfast each school day including a choice of entrée,



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

Monday	Tuesday	Wednesday	Thursday	Friday
March 3 BEEF-A-RONI YELLOW CORN GREEN BEANS TROPICAL FRUIT MIX DICED PEARS Lowfat or Fat Free Milk	March 4 BEEF TACOS W/W TORTILLA WRAP Shred cheese/lettuce PINTO BEANS DICED PEACHES FRESH FRUIT Lowfat or Fat Free Milk	March 5 FRIED CHICKEN LEGS W/W DINNER ROLLS BROCCOLI & CHEESE MASHED POTATOES DICED PEARS TROPICAL FRUIT MIX Lowfat or Fat Free Milk	March 6 CHICKEN SANDWHICH W/W HAMBURGER BUN SWEET POTATOES MIXED VEGETABLES FRUIT COCKTAIL DICED PEACHES Lowfat or Fat Free Milk	March 7 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX w/cucumbers & tomatoes FRESH FRUIT Lowfat or Fat Free Milk
March 10 NO SCHOOL TEACHER WORKDAY	March 11 CHICKEN FAJITAS W/W TORTILLA WRAP Shred cheese/lettuce YELLOW CORN FRUIT COCKTAIL DICED PEACHES Lowfat or Fat Free Milk	March 12 MEATBALLS w/gravy W/W DINNER ROLL MASHED POTATOES TURNIP GREENS PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	March 13 SESAME CHICKEN w/ duck sauce W/G EGG ROLL WHITE RICE MIXED VEGETABLES TROPICAL FRUIT MIX DICED PEARS Lowfat or Fat Free Milk	March 14 PIZZA (CHEESE/PEPPERONI) BAKED CHIPS FRESH FRUIT Lowfat or Fat Free Milk
March 17 CHICKEN ALFREDO W/W ZITI NOODLES STEAMED BROCCOLI DICED GLAZED CARROTS FRESH FRUIT Lowfat or Fat Free Milk	March 18 TACO SALAD w/nacho cheese W/W TORTILLA CHIPS Shred lettuce YELLOW CORN DICED PEACHES FRESH FRUIT Lowfat or Fat Free Milk	March 19 CHICKEN TENDERS W/W DINNER ROLL MASHED POTATOES TURNIP GREENS DICED PEARS FRESH FRUIT Lowfat or Fat Free Milk	March 20 CHICKEN SANDWHICH W/W HAMBURGER BUN BAKED BEANS CORN ON THE COB FRUIT COCKTAIL DICED PEARS Lowfat or Fat Free Milk	March 21 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX w/cucumbers & tomatoes FRESH FRUIT Lowfat or Fat Free Milk
March 24 HAMBURGER w/cheese W/W HAMBURGER BUN POTATO WEDGES FRUIT COCKTAIL FRESH FRUIT Lowfat or Fat Free Milk	March 25 CHICKEN FAJITAS W/W TORTILLA WRAP Shred cheese/lettuce PINTO BEANS PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	March 26 CHICKEN NUGGETS W/W DINNER ROLL GLAZED CARROTS DICED PEACHES FRUIT COCKTAIL Lowfat or Fat Free Milk	March 27 BAKED SPAGHETTI ROMAINE SALAD MIX w/cucumbers & tomatoes TROPICAL FRUIT MIX FRESH FRUIT Lowfat or Fat Free Milk	March 28 NO SCHOOL TEACHER WORKDAY
March 31 SPRING BREAK				

Nutrition Byte

Clue In To School Breakfast!

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...

- Strengthens the brain.
- Helps establish healthy eating habits.
- Offers an opportunity to try new foods.
- Improves mood and behavior.
- Gives you energy.
- Keeps you healthy.

With all these benefits, why wouldn't you eat breakfast? Try school breakfast. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and lowfat or fat free milk. All students can participate.

March 3-7 is National School Breakfast Week (NSBW). The #NSBW2025 theme is "Clue In To School Breakfast". It reminds everyone how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn