



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

Monday	Tuesday	Wednesday	Thursday	Friday
	*MENU SUBJECT TO CHANGE		May 1 WARM DANISHES OR ASSORTED CEREAL W/G GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	May 2 BREAKFAST POTATOES SAUSAGE PATTY OR ASSORTED CEREAL NUTRI GRAIN BARS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk
May 5 PANCAKES w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BARS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	May 6 YOPLAIT YOGURT W/G GRAHAM CRACKERS OR ASSORTED CEREAL APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	May 7 GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL W/G GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	May 8 BLUEBERRY MUFFINS OR ASSORTED CEREAL W/G GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	May 9 BREAKFAST POTATOES TURKEY SAUSAGE PATTY OR ASSORTED CEREAL KELLOGG BAR PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk
May 12 FRENCH TOAST STICKS w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	May 13 NO SCHOOL TEACHER WORKDAY	May 14 NO SCHOOL TEACHER WORKDAY	May 15 GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL W/G GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	May 16 WARM DANISHES OR ASSORTED CEREAL W/G GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk
May 19 CHICKEN & WAFFLES OR ASSORTED CEREAL NUTRI GRAIN BAR PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	May 20 YOPLAIT YOGURT W/G GRAHAM CRACKERS OR ASSORTED CEREAL DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	May 21 GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL W/G GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	May 22 BLUEBERRY MUFFINS OR ASSORTED CEREAL W/G GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	May 23 TURKEY SAUSAGE BISCUITS w/grape jelly OR ASSORTED CEREAL W/G GRAHAM CRACKERS TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk
May 26 NO SCHOOL MEMORIAL DAY HOLIDAY	May 27 YOPLAIT YOGURT W/G GRAHAM CRACKERS OR ASSORTED CEREAL FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	May 28 GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL W/G GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	May 29 WARM DANISHES OR ASSORTED CEREAL W/G GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	May 30 BREAKFAST POTATOES TURKEY SAUSAGE PATTY OR ASSORTED CEREAL W/G GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk

Nutrition Byte

Go Screen Free!

May 5-9 is Screen Free Week! This annual, international celebration promotes reading, playing, thinking, creating, getting active, and spending more time with family and friends instead of watching TV, surfing the web, or playing with apps and video games. You can still use devices for work or school.

Why go screen free?

- Screen time can take away from physical activity that everyone needs to be healthy. Youth and adults who are active are more likely to be at a healthy weight, be sick less often, and sleep better. They are also able to focus, do better in school or at work, and are less likely to feel stressed or depressed.



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

Monday	Tuesday	Wednesday	Thursday	Friday
	*MENU SUBJECT TO CHANGE		May 1 BAKED SPAGHETTI ROMAINE SALAD MIX CUCUMBERS & TOMATOES DICED TOMATOES TROPICAL FRUIT MIX Lowfat or Fat Free Milk	May 2 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS & TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
May 5 CHICKEN FILLET SANDWICH SWEET POTATOES GREEN BEANS FRUIT COCKTAIL Lowfat or Fat Free Milk	May 6 BEEF TACOS w/ shred cheese/ salsa/ lettuce PINTO BEANS DICED PEACHES FRESH FRUIT Lowfat or Fat Free Milk	May 7 FRIED CHICKEN LEGS W/W DINNER ROLL TURNIP GREENS MASHED POTATOES DICED PEARS TROPICAL FRUIT MIX Lowfat or Fat Free Milk	May 8 SESAME CHICKEN w/ duck sauce W/G EGG ROLL WHITE RICE MIXED VEGETABLES TROPICAL FRUIT MIX DICED PEARS Lowfat or Fat Free Milk	May 9 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS & TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
May 12 BBQ MEATBALLS W/W DINNER ROLL MASHED POTATOES GREEN BEANS PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	May 13 NO SCHOOL TEACHER WORKDAY	May 14 NO SCHOOL TEACHER WORKDAY	May 15 CHICKEN FAJITAS w/ shred cheese,salsa LETTUCE YELLOW CORN FRUIT COCKTAIL DICED PEACHES Lowfat or Fat Free Milk	May 16 PIZZA (CHEESE/PEPPERONI) BAKED CHIPS FRESH FRUIT Lowfat or Fat Free Milk
May 19 CHICKEN ALFREDO GREEN BEANS FRESH APPLES Lowfat or Fat Free Milk	May 20 TACO SALAD w/NACHO CHEESE Shred lettuce PINTO BEANS DICED PEARS FRESH FRUIT Lowfat or Fat Free Milk	May 21 CHICKEN NUGGETS W/W DINNER ROLL YELLOW CORN DICED PEACHES FRUIT COCKTAIL Lowfat or Fat Free Milk	May 22 TURKEY & CHEESE SANDWICHES LETTUCE & TOMATO BAKED CHIPS FRESH CARROTS w/ranch FRUIT COCKTAIL DICED PEACHES Lowfat or Fat Free Milk	May 23 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS & TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
May 26 NO SCHOOL MEMORIAL HOLIDAY	May 27 CHICKEN FAJITAS w/shred cheese,salsa Shred Lettuce PINTO BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	May 28 CHICKEN TENDERS W/W DINNER ROLL GREEN BEANS SWEET POTATOES DICED PEARS TROPICAL FRUIT MIX Lowfat or Fat Free Milk	May 29 BAKED SPAGHETTI DICED TOMATOES YELLOW CORN TROPICAL FRUIT MIX FRESH FRUIT Lowfat or Fat Free Milk	May 30 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS & TOMATOES FRESH FRUIT Lowfat or Fat Free Milk

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- Excessive screen time can take us away from connecting with others.

What can you do?

- Take breaks from screens – smart phone, computer, TV, etc.
- Turn on some music, dance, and sing.
- Take a walk or go for a run or bike ride.
- Play basketball, soccer, tennis, pickleball, or another sport.
- Work on an art or craft project.
- Get outside. Explore nature at a local park or trail.
- Play a game or put together a puzzle with friends or family.
- Plant or work in a garden.