



The College Preparatory & Leadership Academy K-12 Breakfast Menus for February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
February 2 DANISHES APPLESAUCE 100% JUICE Low fat or Fat Free Milk	February 3 YOPLAIT YOGURT SCOOPY SNACKS PINEAPPLE TIDBITS 100% JUICE Low fat or Fat Free Milk	February 4 ASSORTED CEREAL NUTRI GRAIN BARS MANDARIN ORANGES 100% JUICE Low fat or Fat Free Milk	February 5 ASSORTED CEREAL GRAHAM CRACKERS DICED PEARS 100% JUICE Low fat or Fat Free Milk	February 6
February 9 ASSORTED CEREAL GRAHAM CRACKERS TROPICAL FRUIT MIX 100% JUICE Low fat or Fat Free Milk	February 10 ASSORTED CEREAL NUTRI GRAIN BARS FRESH FRUIT 100% JUICE Low fat or Fat Free Milk	February 11 POP TARTS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	February 12 BLUEBERRY MUFFINS DICED PEACHES 100% JUICE Low fat or Fat Free Milk	February 13
February 16 ASSORTED CEREAL NUTRI GRAIN BARS MANDARIN ORANGES 100% JUICE Low fat or Fat Free Milk *PRESIDENTS DAY	February 17 BLUEBERRY MUFFINS DICED PEACHES 100% JUICE Low fat or Fat Free Milk	February 18 ASSORTED CEREAL GRAHAM CRACKERS DICED PEARS 100% JUICE Low fat or Fat Free Milk	February 19 DANIMALS SCOOPY SNACKS PINEAPPLE TIDBITS 100% JUICE Low fat or Fat Free Milk	February 20
February 23 ASSORTED CEREAL NUTRI GRAIN BARS TROPICAL FRUIT MIX 100% JUICE Low fat or Fat Free Milk	February 24 POP TARTS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	February 25 DANISHES APPLESAUCE 100% JUICE Low fat or Fat Free Milk	February 26 ASSORTED CEREAL GRAHAM CRACKERS DICED PEARS 100% JUICE Low fat or Fat Free Milk	

Nutrition Byte

Discover the Power of Nutrition

Plan ahead to celebrate National Nutrition Month® (NNM) in March! Each March the Academy of Nutrition and Dietetics recognizes National Nutrition Month®. Plan to celebrate with your family, at your school, and in the community.

Nutrilink: Find a registered dietitian nutritionist (RDN), nutrition tips, and #NNM info at www.eatright.org.

The 2026 NNM theme is “Discover the Power of Nutrition”, an emphasis on nutrition’s role in helping individuals and communities thrive. This theme highlights that food is more than just nutrition—it’s a powerful tool that connects people to their health, culture, and community! Health, traditions, and access can all impact the foods we eat. The food we eat also affects our health.

Participating in School Nutrition Programs offers students not only a nutritious meal but also an opportunity to connect with fellow students, teachers, and School Nutrition professionals. School meals can truly make a difference for students.

School meals offer choices of entrées, sides, and lowfat or fat free milk daily. Many schools participate in farm to school and feature North Carolina-grown ingredients. Meals include a variety of whole grains, lean proteins, fruits, and vegetables with tasty, creative recipes that appeal to students. **Nutrilink:** Try recipes from the N.C. Jr. Chef Competition, <https://go.ncdpi.gov/ncjrchef>, and N.C. K-12 Culinary Institute, <https://go.ncdpi.gov/nck12culinaryinstitute>.



The College Preparatory & Leadership Academy 9-12 Lunch Menus for February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
February 2 CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN SWEET POTATOES TROPICAL FRUIT MIX Lowfat or Fat Free Milk	February 3 BEEF TACOS w/w TORTILLA WRAP shredded lettuce YELLOW CORN DICED PEACHES Lowfat or Fat Free Milk	February 4 FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES GREEN BEANS DICED PEARS Lowfat or Fat Free Milk	February 5 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	February 6
February 9 CHICKEN NUGGETS W/W DINNER ROLL GREEN BEANS YELLOW CORN APPLESAUCE FRESH FRUIT Lowfat or Fat Free Milk	February 10 CHICKEN FAJITAS W/W FAJITA WRAP Shredded lettuce / cheese PINTO BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	February 11 SLOPPY JOE SANDWHICH W/G HAMBURGER BUN POTATO WEDGES FRESH FRUIT TROPICAL FRUIT MIX Lowfat or Fat Free Milk	February 12 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	February 13
February 16 BEEF-A-RONI ROMAINE SALAD MIX CUCUMBERS/ TOMATOES DICED PEARS Lowfat or Fat Free Milk	February 17 TACO SALAD w/nacho cheese W/W TORTILLA CHIPS Shred lettuce YELLOW CORN PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	February 18 CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN GREEN BEANS SWEET POTATOES TROPICAL FRUIT MIX Lowfat or Fat Free Milk	February 19 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCMBERS/TOMATOES FRESH FRUIT 100% JUICE Lowfat or Fat Free Milk	February 20
February 23 MEATBALLS w/ gravy W/W DINNER ROLLS TURNIP GREENS APPLESAUCE Lowfat or Fat Free Milk	February 24 FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES GREEN BEANS DICED PEARS TROPICAL FRUIT MIX Lowfat or Fat Free Milk	February 25 CHICKEN FAJITAS W/W FAJITA WRAP Shredded lettuce / cheese YELLOW CORN PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	February 26 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	

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