



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|-----------|
| | | | | August 1 |
| August 4 | August 5 | August 6 | August 7 | August 8 |
| August 11 | August 12 | August 13 | August 14 OPEN HOUSE 5:30-7:00 | August 15 |
| August 18 FIRST DAY OF SCHOOL ASSORTED CEREAL NUTRI GRAIN BAR TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk | August 19 YOPLAIT YOGURT DICED PEACHES 100% JUICE Lowfat or Fat Free Milk | August 20 ASSORTED CEREAL MANDARIN ORANGES 100% JUICE Lowfat or Fat Free Milk | August 21 ASSORTED CEREAL NUTRI GRAIN BAR APPLESAUCE 100% JUICE Lowfat or Fat Free Milk | August 22 |
| August 25 ASSORTED CEREAL NUTRI GRAIN BARS DICED PEARS 100% JUICE Lowfat or Fat Free Milk | August 26 DANIMALS YOGURT MANDARIN ORANGES 100% JUICE Lowfat or Fat Free Milk | August 27 ASSORTED CEREAL DICED PEACHES 100% JUICE Lowfat or Fat Free Milk | August 28 ASSORTED CEREAL NUTRI GRAIN BAR APPLESAUCE 100% JUICE Lowfat or Fat Free Milk | August 29 |

Families Making the Connection

School Meals Make a Difference!

All public schools in North Carolina offer school lunch. Most also offer school breakfast. All students can participate in school meal programs. Families can apply to see if they qualify for school meal benefits for their students. Ask your school about a meal application.

Many students and their families depend on school meals. School meals offer a variety of lean proteins, whole grains, fruits, vegetables, lowfat or fat free dairy, and locally grown ingredients. School meals make a difference!

There are many benefits to school meals:

- Research shows that students who participate in school meal programs consume more whole grains, milk, fruits, and vegetables.
- Students who eat school meals have better attendance, more focus in class, and improved academic performance.
- Participation in School Nutrition Programs supports social emotional learning.
- School meals are a nutritious, convenient choice for families.
- Eating school meals supports local School Nutrition Programs, farmers, and communities.



The College Preparatory & Leadership Academy K-8 Lunch Menus for August 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|-----------|
| | | | | August 1 |
| August 4 | August 5 | August 6 | August 7 | August 8 |
| August 11 | August 12 | August 13 | August 14 | August 15 |
| | | | OPEN HOUSE 5:30-7:00 | |
| August 18 FIRST DAY OF SCHOOL CHICKEN FILLET SANDWICH W/W HAMBURGER BUN SWEET POTATOES FRUIT COCKTAIL Lowfat or Fat Free Milk | August 19 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk | August 20 FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES BROCCOLI & CHEESE DICED PEARS 100% JUICE Low Fat or Fat Free Milk | August 21 TACO SALAD w/nacho cheese, taco sauce, lettuce W/W FAJITAS PINTO BEANS YELLOW CORN FRESH FRUIT Lowfat or Fat Free Milk | August 22 |
| August 25 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Low fat or Fat Free Milk | August 26 CHICKEN FAJITAS w/ shred cheese, lettuce, pico sauce W/W FAJITA PINTO BEANS YELLOW CORN FRUIT COCKTAIL Lowfat or Fat Free Milk | August 27 SWEET & SOUR CHICKEN Duck/soy sauce W/G SPRING ROLL WHITE RICE GLAZED CARROTS DICED PEACHES Lowfat or Fat Free Milk | August 28 BBQ MEATBALLS W/W DINNER ROLLS SWEET POTATOES GREEN BEANS FRESH FRUIT PINEAPPLE TIDBITS Lowfat or Fat Free Milk | August 29 |

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