



The College Preparatory & Leadership 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

Nutrition Byte

Enjoy School Meals!

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 9-12 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
August 18	August 19	August 20	August 21	August 22
FIRST DAY OF SCHOOL CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN SWEET POTATOES GREEN BEANS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES BROCCOLI & CHEESE DICED PEARS 100% JUICE Low Fat or Fat Free Milk	TACO SALAD w/nacho cheese, taco sauce, lettuce W/W FAJITAS PINTO BEANS YELLOW CORN FRESH FRUIT PINEAPPLE TIDBITS Lowfat or Fat Free Milk	
August 25	August 26	August 27	August 28	August 29
PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Low fat or Fat Free Milk	CHICKEN FAJITAS w/ shred cheese, lettuce, pico sauce W/W FAJITA PINTO BEANS YELLOW CORN FRUIT COCKTAIL DICED PEARS Lowfat or Fat Free Milk	SWEET & SOUR CHICKEN Duck/soy sauce W/G SPRING ROLL WHITE RICE GLAZED CARROTS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	BBQ MEATBALLS W/W DINNER ROLLS SWEET POTATOES GREEN BEANS FRESH FRUIT PINEAPPLE TIDBITS Lowfat or Fat Free Milk	

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