



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

Monday	Tuesday	Wednesday	Thursday	Friday
		April 1	April 2	April 3
April 6 ASSORTED CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	April 7 ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	April 8 POPARTS MANDARIN ORANGES 100% JUICE Lowfat or Fat Free Milk	April 9 BLUEBERRY MUFFINS MIXED FRUIT 100% JUICE Lowfat or Fat Free Milk	April 10
April 13 ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	April 14 DANIMALS YOGURT SCOOBY GRAHAM CRACKER APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	April 15 ASSORTED CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	April 16 NO SCHOOL TEACHER WORKDAY	April 17
April 20 ASSORTED CEREAL GRAHAM CRACKERS MIXED FRUIT 100% JUICE Lowfat or Fat Free Milk	April 21 APPLE CINNAMON MUFFINS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	April 22 DANISHES APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	April 23 ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	April 24
April 27 ASSORTED CEREAL GRAHAM CRACKERS DICED PEARS 100% JUICE Lowfat or Fat Free Milk	April 28 DANIMALS YOGURT SCOOBY GRAHAM CRACKER MIXED FRUIT 100% JUICE Lowfat or Fat Free Milk	April 29 POPARTS MANDARIN ORANGES 100% JUICE Lowfat or Fat Free Milk	April 30 DANISHES APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	

Nutrition Byte

Plant an Incredible Edible Garden

April is Garden Month! Gardening allows you to be outside, get some exercise, and grow produce and herbs for tasty meals and snacks. It can help you learn about different plants, build or practice gardening skills, save money by growing your own food, and reduce stress. Gardening offers an opportunity to spend time with friends or family, practice communication and teamwork, and enhance problem solving. You can also build community by connecting with other local gardeners and protecting the environment.

You do not need lots of space or expertise to garden. You can have a windowsill garden, container garden, raised bed garden, or a garden plot. Part of the fun of gardening is trying out new seeds or plants and seeing what you can grow.

Try these gardening tips:

- Pick a fruit, vegetable, or herb you would like to grow.
- Find the best time to plant, the type of soil it likes, and how much sun, water, and space it needs to grow.
- Plant the seed, seedling, or transplant.
- Give it enough water and sunlight. Watch it grow.
- Harvest, wash, and enjoy.

Nutrilink: For info or questions, go to www.garden.org, reach out to the Master Gardeners or Ag Agents with your local Cooperative Extension office, <https://www.ces.ncsu.edu>, or connect with your local Career and Technical Education program, classes, or teachers.



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

Monday	Tuesday	Wednesday	Thursday	Friday
		April 1	April 2	April 3
April 6 CHICKEN NUGGETS W/G DINNER ROLL GREEN BEANS YELLOW CORN APPLESAUCE Lowfat or Fat Free Milk	April 7 BEEF TACOS's w/ shredded cheese, lettuce,salsa W/W FAJITA PINTO BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	April 8 CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN YELLOW CORN POTATOE WEDGES TROPICAL FRUIT MIX FRESH FRUIT Lowfat or Fat Free Milk	April 9 PIZZA ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	April 10
April 13 PIZZA ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	April 14 BBQ MEATBALLS W/W DINNER ROLL GREEN BEANS SWEET POTATOES TROPICAL FRUIT MIX Lowfat or Fat Free Milk	April 15 FRIED CHICKEN LEGS W/W DINNER ROLL BROCCOLI & CHEESE MASHED POTATOES FRESH FRUIT Lowfat or Fat Free Milk	NO SCHOOL TEACHER WORKDAY	April 17
April 20 BBQ MEATBALLS W/W DINNER ROLL RICE GLAZED CARROTS APPLESAUCE Lowfat or Fat Free Milk	April 21 FRIED CHICKEN LEGS W/W DINNER ROLL MASHED POTATOES GREEN BEANS DICED PEARS TROPICAL FRUIT Lowfat or Fat Free Milk	April 22 WALKING TACOS w/ nacho cheese YELLOW CORN PINEAPPLE TIDBITS Lowfat or Fat Free Milk	April 23 PIZZA ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Low-fat or Fat Free Milk	April 24
April 27 CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN POTATOE WEDGES TROPICAL FRUIT MIX FRESH FRUIT Lowfat or Fat Free Milk	April 28 WALKING TACOS w/ nacho cheese YELLOW CORN PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	April 29 BBQ MEATBALLS W/W DINNER ROLL GREEN BEANS MASHED POTATOES APPLESAUCE Lowfat or Fat Free Milk	April 30 PIZZA ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Low-fat or Fat Free Milk	

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