



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

Monday August 3	Tuesday August 4	Wednesday August 5	Thursday August 6	Friday August 7
August 10	August 11	August 12	August 13	August 14
August 17	August 18	August 19	August 20 OPEN HOUSE 4PM-7PM	August 21
August 24 ASSORTED CEREAL GRAHAM CRACKERS TROPICAL FRUIT MIX 100% JUICE Low fat or Fat Free Milk	August 25 GRITS w/ butter BACON STRIPS PINEAPPLE TIDBITS 100% JUICE Low fat or Fat Free Milk	August 26 APPLE CINNAMON MUFFINS DICED PEARS 100% JUICE Low fat or Fat Free Milk	August 27 GRITS w/ butter BACON STRIPS DICED PEACHES 100% JUICE Low fat or Fat Free Milk	August 28
August 31 ASSORTED CEREAL GRAHAM CRACKERS DICED PEARS 100% JUICE Low fat or Fat Free Milk				

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 9-12 Lunch Menus for August 2026

Monday August 3	Tuesday August 4	Wednesday August 5	Thursday August 6	Friday August 7
August 10	August 11	August 12	August 13	August 14
August 17	August 18	August 19	August 20 OPEN HOUSE 4PM-7PM	August 21
August 24 PIZZA (cheese/pepperoni) ROMAINE SALAD Cucumbers/tomatoes FRESH FRUIT 100% JUICE Low fat or Fat Free Milk	August 25 WALKING TACOS w/nacho cheese/ shred lettuce YELLOW CORN PINEAPPLE TIDBITS FRESH FRUIT Low fat or Fat Free Milk	August 26 FRIED CHICKEN LEGS W/W DINNER ROLL STEAMED RICE GREEN BEANS DICED PEARS TROPICAL FRUIT MIX Low fat or Fat Free Milk	August 27 SWEET & SOUR CHICKEN WHITE RICE STEAMED CARROTS DICED PEACHES FRESH FRUIT Low fat or Fat Free Milk	August 28
August 31 PIZZA (cheese/pepperoni) ROMAINE SALAD Cucumbers/tomatoes FRESH FRUIT 100% JUICE Low fat or Fat Free Milk				

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