



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>December 1</b> ASSORTED CEREAL NUTRI GRAIN BARS APPLESAUCE 100%JUICE Lowfat or Fat Free Milk	<b>December 2</b> BLUEBERRY MUFFINS TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	<b>December 3</b> DANIMALS YOGURT GRAHAM CRACKERS DICED PEARS 100% JUICE Lowfat or Fat Free Milk	<b>December 4</b> ASSORTED CEREAL NUTRIGRAIN BARS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	<b>December 5</b>
<b>December 8</b> ASSORTED CEREAL DICED PEACHES 100%JUICE Lowfat or Fat Free Milk	<b>December 9</b> DANISHES APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	<b>December 10</b> GRITS w/butter BACON STRIPS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	<b>December 11</b> APPLE CINNAMON MUFFINS TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	<b>December 12</b>
<b>December 15</b> ASSORTED CEREAL NUTRI GRAIN BARS APPLESAUCE 100%JUICE Lowfat or Fat Free Milk	<b>December 16</b> POP TARTS DICED PEARS 100% JUICE Lowfat or Fat Free Milk	<b>December 17</b> GRITS w/butter BACON STRIPS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	<b>December 18</b> ASSORTED CEREAL NUTRIGRAIN BARS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	<b>December 19</b>
<b>December 22</b>	<b>December 23</b>	<b>December 24</b>	<b>December 25</b>	<b>December 26</b>
<div style="text-align: center;"> <b>HAPPY HOLIDAYS!!</b>  <b>STAY SAFE, STAY WARM, REMAIN ROYAL!!!!</b> </div>				

## Nutrition Byte

### Stop the Spread of Germs – Wash Your Hands!

Did you know December 1-7 is Handwashing Awareness Week? Handwashing is one of the best ways to stop the spread of germs that cause illness. Make sure to wash your hands well by using these steps (**Nutrilink:** [fightbac.org](http://fightbac.org)):

- **Wet** your hands with running water. Add soap.
- **Lather** your hands with soap. Wash all surfaces on hands. Wash carefully between your fingers, around the tops and palms, over wrists, and under fingernails.
- **Scrub** your hands for at least 20 seconds.
- **Rinse** your hands well under running water.
- **Dry** your hands with a clean, disposable paper towel.
- Turn off the faucet using the disposable paper towel instead of your clean, bare hands.

When should you wash your hands?

- Before, during and after you prepare a meal or before eating
- After handling raw meat, poultry, seafood, eggs or flour
- After blowing your nose, coughing or sneezing
- After using the bathroom
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After changing diapers or cleaning up someone who has used the bathroom
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



## The College Preparatory & Leadership Academy 9-12 Lunch Menus for December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>December 1</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	<b>December 2</b> BEEF TACOS w/ shred cheese, lettuce, taco sauce W/W Tortilla YELLOW CORN DICED PEACHES Lowfat or Fat Free Milk	<b>December 3</b> FRIED CHICKEN W/W DINNER ROLL MASHED POTAOES BROCCOLI & CHEESE PINEAPPLE TIDBITS Lowfat or Fat Free Milk	<b>December 4</b> CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN SWEET POTATOES TROPICAL FRUIT MIX Lowfat or Fat Free Milk	<b>December 5</b>
<b>December 1</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT PINEAPPLE TIDBITS Lowfat or Fat Free Milk	<b>December 2</b> BEEF TACOS w/ shred cheese, lettuce, taco sauce W/W Tortilla YELLOW CORN DICED PEACHES Lowfat or Fat Free Milk	<b>December 3</b> FRIED CHICKEN W/W DINNER ROLL MASHED POTAOES BROCCOLI & CHEESE PINEAPPLE TIDBITS DICED PEARS Lowfat or Fat Free Milk	<b>December 4</b> CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN SWEET POTATOES GREEN BEANS TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	<b>December 12</b>
<b>December 8</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	<b>December 9</b> CHICKEN FAJITAS w/shred lettuce, cheese, taco sauce YELLOW CORN PINTO BEANS FRUIT COCKTAIL DICED PEARS Lowfat or Fat Free Milk	<b>December 10</b> BBQ MEATBALLS W/W DINNER ROLL MASHED POTATOES TURNIP GREENS PINEAPPLE TIDBITS APPLESAUCE Lowfat or Fat Free Milk	<b>December 11</b> CHICKEN ALFREDO GREEN BEANS GLAZED CARROTS GREEN BEANS DICED PEACHES Lowfat or Fat Free Milk	<b>December 19</b>
<b>December 15</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	<b>December 16</b> WALKING TACOS w/nacho cheese Shred lettuce YELLOW CORN DICED PEACHES DICED PEARS Lowfat or Fat Free Milk	<b>December 17</b> FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES BROCCOLI & CHEESE PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	<b>December 18</b> CHICKEN NUGGETS W/W DINNER ROLL BAKED BEANS TURNIP GREENS TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	<b>December 26</b>
<b>December 29</b>	<b>HAPPY HOLIDAYS!!</b> <b>STAY SAFE, STAY WARM, REMAIN ROYAL!!!!</b>			

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- After touching garbage