



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

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

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):

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

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- 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