



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

Monday	Tuesday	Wednesday	Thursday	Friday
			January 1	January 2
<b>January 5</b> POP TARTS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	<b>January 6</b> ASSORTED CEREAL GRAHAM CRACKERS TROPICAL FRUIT MIX 100% JUICE Low fat or Fat Free Milk	<b>January 7</b> ASSORTED CEREAL NUTRI GRAIN BARS FRESH FRUIT 100% JUICE Low fat or Fat Free Milk	<b>January 8</b> YOPLAIT YOGURT SCOOBY SNACKS PINEAPPLE TIDBITS 100% JUICE Low fat or Fat Free Milk	<b>January 9</b>
<b>January 12</b> BLUEBERRY MUFFINS DICED PEACHES 100% JUICE Low fat or Fat Free Milk	<b>January 13</b> ASSORTED CEREAL NUTRI GRAIN BARS MANDARIN ORANGES 100% JUICE Low fat or Fat Free Milk	<b>January 14</b> DANISHES APPLESAUCE 100% JUICE Low fat or Fat Free Milk	<b>January 15</b> ASSORTED CEREAL GRAHAM CRACKERS DICED PEARS 100% JUICE Low fat or Fat Free Milk	<b>January 16</b>
<b>January 19</b> <b>MARTIN LUTHER KING JR HOLIDAY</b>	<b>January 20</b> POP TARTS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	<b>January 21</b> ASSORTED CEREAL NUTRI GRAIN BARS TROPICAL FRUIT MIX 100% JUICE Low fat or Fat Free Milk	<b>January 22</b> DANIMALS SCOOBY SNACKS PINEAPPLE TIDBITS 100% JUICE Low fat or Fat Free Milk	<b>January 23</b>
<b>January 26</b> ASSORTED CEREAL GRAHAM CRACKERS TROPICAL FRUIT MIX 100% JUICE Low fat or Fat Free Milk	<b>January 27</b> BLUEBERRY MUFFINS DICED PEACHES 100% JUICE Low fat or Fat Free Milk	<b>January 28</b> DANISHES APPLESAUCE 100% JUICE Low fat or Fat Free Milk	<b>January 29</b> ASSORTED CEREAL GRAHAM CRACKERS DICED PEARS 100% JUICE Low fat or Fat Free Milk	<b>January 30</b>

### Nutrition Byte

#### Enjoy More Family Mealtime Together!

Did you know family mealtime offers many benefits? Families who eat together tend to eat healthier, choosing more fruits, vegetables, and calcium-rich foods. Mealtime offers time to practice communication and teamwork. Family members can work together to prepare meals, check in with each other about their day, and help each other problem solve any issues in their lives. Regular family mealtime offers structure, increases family connections, and can reduce stress. Did you know it can also help with school? It is a great opportunity to talk about classes and assignments and ask questions. For younger kids, talking during mealtime can help build their vocabulary. Youth of all ages tend to have better grades and overall academic achievement. Strive to enjoy family meals together!

- Plan one more meal together each week. Count how many times you eat together now. If you do not eat together every day, try to add one more family mealtime. If dinnertime is too hectic, aim to eat breakfast or lunch together.
- Plan and prepare tasty meals together. Everyone can choose a favorite option each week. Try to divide up tasks to shop, prepare, set the table, etc. for meals.
- Plan to enjoy conversation and time together. Share stories, memories, and jokes.
- Plan for a device free zone – no TVs, phones, etc. Remove distractions and focus on enjoying time together.



## The College Preparatory & Leadership 9-12 Lunch Menus for January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			January 1	January 2
<b>January 5</b> PIZZA (cheese/ pepperoni) ROMAINE SALAD CUCUMBERS/TOMATOES w/ranch dressing FRESH FRUIT Low fat or Fat Free Milk	<b>January 6</b> TURKEY & CHEESE COLD CUT W/W HAMBURGER BUN SHRED LETTUCE BAKED POTATO CHIPS FRESH FRUIT Low fat or Fat Free Milk	<b>January 7</b> CHICKEN NUGGETS W/W DINNER ROLL YELLOW CORN POTATO WEDGES PINEAPPLE TIDBITS FRESH ORANGES Low fat or Fat Free Milk	<b>January 8</b> PIZZA (cheese/ pepperoni) ROMAINE SALAD CUCUMBERS/TOMATOES w/ranch dressing FRESH FRUIT Low fat or Fat Free Milk	<b>January 9</b>
<b>January 12</b> PIZZA (cheese/ pepperoni) ROMAINE SALAD CUCUMBERS/TOMATOES w/ranch dressing FRESH FRUIT Low fat or Fat Free Milk	<b>January 13</b> TURKEY & CHEESE WRAPS w/ lettuce & cheese W/W FAJITA WRAP W/W POTATO WEDGES MIXED VEGETABLES PINEAPPLE TIDBITS Low fat or Fat Free Milk	<b>January 14</b> CHICKEN FILLET W/W HAMBURGER BUN GREEN BEANS YELLOW CORN TROPICAL FRUIT MIX Low fat or Fat Free Milk	<b>January 15</b> SWEET & SOUR CHICKEN W/G EGG ROLL YELLOW RICE GLAZED CARROTS DICED PEARS Low fat or Fat Free Milk	<b>January 16</b>
<b>January 19</b> <b>MARTIN LUTHER KING JR HOLIDAY</b>	<b>January 20</b> CHICKEN FAJITAS Shred cheese/ lettuce/ salsa W/W FAJITAS YELLOW CORN PINEAPPLE TIDBITS Low fat or Fat Free Milk	<b>January 21</b> FRIED CHICKEN W/W DINNER ROLL SWEET POTATOES GREEN BEANS DICED PEARS TROPICAL FRUIT Low fat or Fat Free Milk	<b>January 22</b> PIZZA (cheese/ pepperoni) ROMAINE SALAD CUCUMBERS/TOMATOES w/ranch dressing FRESH FRUIT Low fat or Fat Free Milk	<b>January 23</b>
<b>January 26</b> SLOPPY JOE SANDWICH W/W HAMBURGER BUN POTATO WEDGES APPLESAUCE FRESH FRUIT Low fat or Fat Free Milk	<b>January 27</b> TACO SALAD w/ nacho cheese, lettuce W/W TORTILLA CHIPS YELLOW CORN DICED PEACHES Low fat or Fat Free Milk	<b>January 28</b> CHICKEN NUGGETS W/W DINNER ROLL GLAZED CARROTS GREEN BEANS PINEAPPLE TIDBITS 100% JUICE Low fat or Fat Free Milk	<b>January 29</b> PIZZA (cheese/ pepperoni) ROMAINE SALAD CUCUMBERS/TOMATOES w/ranch dressing FRESH FRUIT Low fat or Fat Free Milk	<b>January 30</b>

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