



The College Prep & Leadership Academy K-12 Breakfast Menus for January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
January 1	January 2	January 3	January 4	January 5
NO SCHOOL HAPPY NEW YEAR'S DAY	NO SCHOOL HOLIDAY BREAK	NO SCHOOL HOLIDAY BREAK	NO SCHOOL HOLIDAY BREAK	NO SCHOOL TEACHER WORKDAY
January 8 W/G WAFFLES w/SYRUP SAUSAGE LINKS OR ASSORTED CEREAL FRUIT COCKTAIL 100% JUICE LOW FAT OR SKIM MILK	January 9 W/G PANCAKE & SAUSAGE ON STICK OR NON FAT YOGURT NUTRI GRAIN BARS FRESH STRAWBERRIES 100% JUICE LOW FAT OR SKIM MILK	January 10 GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL W/G GRANOLA BAR ORANGES 100% JUICE LOW FAT OR SKIM MILK	January 11 W/G SAUSAGE BISCUITS OR W.G BLUEBERRY MUFFINS APPLESAUCE 100% JUICE LOW FAT OR SKIM MILK	January 12 CHICKEN FRITTER BISCUITS OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE LOW FAT OR SKIM MILK
January 15 NO SCHOOL MARTIN LUTHER KING JR. HOLIDAY	January 16 W/G PANCAKE w/SYRUP SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BAR FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	January 17 GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL W/G GRANOLA BAR ORANGES 100% JUICE LOW FAT OR SKIM MILK	January 18 BREAKFAST POTAOES TURKEY SAUSAGE PATTY OR NONFAT YOGURT GRAHAM CRACKERS DICED PEACHES 100% JUICE LOW FAT OR SKIM MILK	January 19 W/G WAFFLES w /syrup TURKEY SAUSAGE OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEARS 100% JUICE Lowfat or Fat Free Milk
January 22 W/G FRENCH TOAST OR ASSORTED CEREAL GRAHAM CRACKERS FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	January 23 W/G SAUSAGE, EGG & CHEESE BISCUIT OR NONFAT YOGURT GRANOLA BAR FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	January 24 GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL W/G GRANOLA BAR ORANGES 100% JUICE LOW FAT OR SKIM MILK	January 25 W/G PANCAKE & SAUSAGE ON STICK OR ASSORTED CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE LOW FAT OR SKIM MILK	January 26 NO SCHOOL TEACHER WORKDAY
January 29 W/G WAFFLES w/SYRUP SAUSAGE LINKS OR ASSORTED CEREAL FRUIT COCKTAIL 100% JUICE LOW FAT OR SKIM MILK	January 30 BREAKFAST POTAOES TURKEY SAUSAGE PATTY OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE LOW FAT OR SKIM MILK	January 31 GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL W/G GRANOLA BAR ORANGES 100% JUICE LOW FAT OR SKIM MILK		

Families Making the Connection

An Apple a Day

Apples are a fruit that grow on trees. They are grown in all fifty of the United States. For North Carolina, apples are an important part of the agriculture economy.

Sweet or tart – there is an apple for every taste. Apples come in a variety of different sizes, colors, and flavors. A number of different cultivars are grown in North Carolina. Red Delicious, Golden Delicious,

Granny Smith, Gala, Fuji, Honey Crisp, Empire, Rome Beauty, and Pink Lady are a few examples.

Apples can be available year-round. North Carolina apples can be purchased July through February. To find an apple orchard nearby, visit the N.C. Department of Agriculture & Consumer Services website, <https://gottobenc.com/find-local>. Or use the Visit N.C. farms app, <https://visitncfarmstoday.com/>.



The College Prep & Leadership Academy K-8 Lunch Menus for January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
January 1 NO SCHOOL HAPPY NEW YEAR'S DAY	January 2 NO SCHOOL HOLIDAY BREAK	January 3 NO SCHOOL HOLIDAY BREAK	January 4 NO SCHOOL HOLIDAY BREAK	January 5 NO SCHOOL TEACHER WORKDAY
January 8 TURKEY & CHEESE SANDWHICH OR CHICKEN ALFREDO MIXED VEGETABLES FRESH FRUIT LOW FAT OR SKIM MILK	January 9 BEEF TACOS (Lettuce, cheese, sauce) W/W Fajitas YELLOW CORN MEXICAN RICE DICED PEACHES Lowfat or Fat Free Milk	January 10 FRIED CHICKEN TENDERS W/W DINNER ROLL MAC & CHEESE GREEN BEANS FRUIT COCKTAIL Lowfat or Fat Free Milk	January 11 CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN POTATO WEDGES BAKED BEANS APPLESAUCE Lowfat or Fat Free Milk	January 12 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCMBERS/TOMATO FRESH FRUIT Lowfat or Fat Free Milk
January 15 NO SCHOOL MARTIN LUTHER KING JR. HOLIDAY	January 16 CHICKEN FAJITAS (lettuce, cheese, salsa) W/W Fajita PINTO BEANS DICED PEACHES Lowfat or Fat Free Milk	January 17 SLOPPY JOE W/G HAMBURGER BUN POTATO WEDGES FRESH FRUIT Lowfat or Fat Free Milk	January 18 CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN SWEET POTATOES BROCOLLI & CHEESER FRUIT COCKTAIL Low fat or Fat Free Milk	January 19 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCMBERS/TOMATO FRESH FRUIT Low fat or Fat Free Milk
January 22 MEATBALLS W/GRAVY MASHED POTATOES YELLOW CORN FRUIT COCKTAIL Lowfat or Fat Free Milk	January 23 TACO SALAD w/ nacho cheese, lettuce Tortilla Chips PINTO BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	January 24 CHICKEN NUGETS W/W DINNER ROLL GLAZED CARROTS DICED PEACHES Lowfat or Fat Free Milk	January 25 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCMBERS/TOMATO FRESH FRUIT Low fat or Fat Free Milk	January 26 NO SCHOOL TEACHER WORKDAY
January 29 HAMBURGER/CHEES W/W HAMBURGER BUN SHRED. LETTUCE BAKED BEANS FRUIT COCKTAIL Lowfat or Fat Free Milk	January 30 PHILLY STEAK & CHEESE W/W FAJITA WRAP Lettuce, diced tomatoes YELLOW CORN FRESH FRUIT Lowfat or Fat Free Milk	January 31 FRIED CHICKEN W/W DINNER ROLL SWEET POTATOES MIXED VEGETABLES DICE PEARS Lowfat or Fat Free Milk		

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nearby, visit the N.C. Department of Agriculture & Consumer Services website, <https://gottobenc.com/find-local>. Or use the Visit N.C. farms app, <https://visitncfarmstoday.com/>.

Apples can be eaten fresh or cooked. . They can be purchased fresh – whole or sliced. Apples can also be sold in slices canned, frozen, or dried or as a sauce or juice. Before eating or preparing, wash fresh, whole apples under clean, running water.

One small apple has about 77 calories. One cup of apple slices has about 57 calories. Apples are cholesterol free, low in fat and sodium, and a good source of vitamin C and fiber.