



The College Preparatory & Leadership Academy K-12 Breakfast Menus for March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				March 1 W/G WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk
March 4 W/G PANCAKES w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BAR FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	March 5 NO SCHOOL REMOTE LEARNING DAY	March 6 GRITS W/BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	March 7 SAUSAGE, EGG & CHEESE BREAKFAST SLIDERS COUNTRY POTATOES YOGURT PARFAITS OR DANISHES TROPICAL FRUIT 100% JUICE Lowfat or Fat Free Milk	March 8 W/G WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE
March 11 FRENCH TOAST STICKS OR ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	March 12 PANCAKE & SAUSAGE ON STICK OR NONFAT YOGURT NUTRI GRAIN BARS FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	March 13 GRITS W/BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	March 14 SAUSAGE BISCUITS w/ jelly OR W/G BLUEBERRY MUFFINS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	March 15 CHICKEN FRITTER BISCUITS w/grape jelly OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk
March 18 W/G PANCAKES w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BAR FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	March 19 SAUSAGE, EGG & CHEESE BISCUITS OR ASSORTED CEREAL NUTRI GRAIN BARS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	March 20 GRITS W/BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	March 21 BREAKFAST POTATOES SAUSAGE PATTY OR NONFAT YOGURT GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	March 22 W/G WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEARS 100% JUICE Lowfat or Fat Free Milk
March 25 FRENCH TOAST STICKS OR ASSORTED CEREAL GRAHAM CRACKERS FRESH STRWBERRIES 100% JUICE Lowfat or Fat Free Milk	March 26 SAUSAGE BISCUITS OR NONFAT YOGURT GRANOLA BARS FRUIT COCKTAIL 100% JUC Lowfat or Fat Free Milk	March 27 GRITS W/BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	March 28 NO SCHOOL TEACHER WORKDAY	March 29 NO SCHOOL HOLIDAY BREAK

Nutrition Byte

Surf's Up with School Breakfast!

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...

- Strengthens the brain.
- Helps establish healthy eating habits.
- Offers an opportunity to try new foods.
- Improves mood and behavior.



The College Preparatory & Leadership Academy K-8 Lunch Menus for March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				March 1 PIZZA (Pepperoni/Cheese) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
March 4 CHICKEN ALFREDO MIXED VEGETABLES FRESH FRUIT Lowfat or Fat Free Milk	March 5 NO SCHOOL REMOTE LEARNING DAY	March 6 BEEF TACOS w/ shredded cheese/lettuce YELLOW CORN MEXICAN RICE DICED PEACHES Lowfat or Fat Free Milk	March 7 CHICKEN SANDWHICH POTATO WEDGES BAKED BEANS APPLESAUCE Lowfat or Fat Free Milk	March 8 PIZZA (Pepperoni/Cheese) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
March 11 SLOPPY JOE SANDWHICH POTATO WEDGES FRESH FRUIT Lowfat or Fat Free Milk	March 12 CHICKEN FAJITAS w/shred Cheese/salsa/lettuce PINTO BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	March 13 FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES GREEN BEANS TROPICAL FRUIT Lowfat or Fat Free Milk	March 14 BAKED SPAGHETTI ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRUIT COCKTAIL Lowfat or Fat Free Milk	March 15 PIZZA (Pepperoni/Cheese) BAKED CHIPS FRESH FRUIT Lowfat or Fat Free Milk
March 18 MEATBALLS w/ GRAVY MASHED POTATOES GREEN BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	March 19 TACO SALAD w/ Nacho cheese/ lettuce PINTO BEANS FRESH FRUIT Lowfat or Fat Free Milk	March 20 CHICKEN NUGGETS W/W DINNER ROLL GLAZED CARROTS YELLOW CORN DICED PEACHES Lowfat or Fat Free Milk	March 21 ORANGE CHICKEN EGG ROLL STEAMED BROCCOLI YELLOW RICE FRESH FRUIT Lowfat or Fat Free Milk	March 22 PIZZA (Pepperoni/Cheese) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
March 25 HAMBURGER w/ CHEESE BAKED BEANS POTATO WEDGES FRUIT COCKTAIL Lowfat or Fat Free Milk	March 26 PHILLY STEAK&CHEESE w/lettuce/diced tomato YELLOW CORN FRESH FRUIT Lowfat or Fat Free Milk	March 27 BBQ CHICKEN W/W DINNER ROLL MACARONI & CHEESE MIXED VEGETABLES DICED PEARS Lowfat or Fat Free Milk	March 28 NO SCHOOL TEACHER WORKDAY	March 29 NO SCHOOL HOLIDAY BREAK

Nutrition Byte

Surf's Up with School Breakfast!

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...

- Strengthens the brain.
- Helps establish healthy eating habits.
- Offers an opportunity to try new foods.
- Improves mood and behavior.
- Gives you energy.
- Keeps you healthy.

With all these benefits, why wouldn't you eat breakfast?

Try school breakfast. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and lowfat or fat free milk. All students can participate.

March 4-8 is National School Breakfast Week (NSBW). The #NSBW2024 theme is "Surf's Up with School Breakfast". It reminds everyone how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn.