



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

Monday	Tuesday	Wednesday	Thursday	Friday
April 1	April 2	April 3	April 4	April 5
NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK
April 8	April 9	April 10	April 11	April 12
CHICKEN ALFREDO OR TURKEY & CHEESE SANDWHICH MIXED VEGETABLES FRESH FRUIT LOWFAT OR FAT FREE MILK	BEEF TACO w/shred cheese/lettuce W/W FAJITA YELLOW CORN MEXICAN RICE DICED PEACHES Lowfat or Fat Free Milk	JUMBO CHICKEN TENDERS W/W DINNER ROLL MACARONI & CHEESE GREEN BEANS FRUIT COCKTAIL PINEAPPLE TIDBITS Lowfat or Fat Free Milk	CHICKEN FILLET SANDWHICH POTATO WEDGES APPLESAUCE Lowfat or Fat Free Milk	PIZZA (PEPPERONI/CHEESE) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
April 15	April 16	April 17	April 18	April 19
SLOPPY JOE SANDWHICH POTATO WEDGES FRESH FRUIT Lowfat or Fat Free Milk	CHICKEN FAJITA shred cheese/lettuce PINTO BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES GREEN BEANS TROPICAL FRUIT MIX Lowfat or Fat Free Milk	BAKED SPAGHETTI ROMAINE SALAD MIX CUCUMBER/TOMATOES FRUIT COCKTAIL Lowfat or Fat Free Milk	PIZZA (PEPPERONI/CHEESE) BAKED CHIPS FRESH FRUIT Lowfat or Fat Free Milk
April 22	April 23	April 24	April 25	April 26
MEATBALLS w/gravy MASHED POTATOES GREEN BEANS DICED PEARS Lowfat or Fat Free Milk	TACO SALAD w/nacho cheese, lettuce PINTO BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	CHICKEN NUGGETS W/W DINNER ROLL BROCCOLI & CHEESE YELLOW CORN DICED PEACHES Lowfat or Fat Free Milk	SWEET & SOUR CHICKEN W/W EGG ROLL STEAMED BROCCOLI YELLOW RICE FRESH FRUIT Lowfat or Fat Free Milk	PIZZA (PEPPERONI/ CHEESE) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
April 29	April 30			
CHICKEN FILLET SANDWHICH BAKED BEANS SWEET POTATOE FRIES FRUIT COCKTAIL Lowfat or Fat Free Milk	PHILLY STEAK & CHEESE WRAP w/provolone cheese Shred lettuce, diced tomato YELLOW CORN FRESH FRUIT Lowfat or Fat Free Milk			

Families Making the Connection

Kale is Cool!

Kale is a green leafy vegetable, part of the cabbage or Brassicaceae family. Kale is grown all over the world. In the United States, California, Georgia, New Jersey, Texas, and North Carolina are the top kale producing states.

Kale is considered a cool-season crop but can be grown and harvested almost year-round. It prefers cooler weather and loamy soil. Kale can survive and may taste sweeter when harvested after a frost.

Kale is considered a superfood—a nutritional powerhouse of vitamins and antioxidants. One cup of raw (loosely packed) kale has about 8 calories and ½ cup of cooked, chopped kale has about 18 calories. Raw and cooked kale are excellent

sources of vitamins A, C and K, cholesterol free and low in fat and sodium.

Fresh, raw kale can be purchased in bunches or washed, chopped and bagged. Kale can also be sold canned, frozen, dried and as juice. Fresh kale is a great addition to a salad, sandwich, wrap or smoothie. Kale can also be boiled, steamed, baked, braised, or sautéed. Avoid using an aluminum pan to cook greens. Try not to overcook.



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

Monday	Tuesday	Wednesday	Thursday	Friday
April 1	April 2	April 3	April 4	April 5
NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK
April 8	April 9	April 10	April 11	April 12
W/G PANCAKES w/syrup BACON STRIPS OR ASSORTED CEREAL NUTRI GRAIN BAR FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	BREAKFAST POTATOES TURKEY SAUSAGE OR ASSORTED CEREAL W/G GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	GRITS w/ butter SAUSAGE LINKS OR ASSORTED CEREAL GRANOLA BAR ORANGES 100% JUICE Lowfat or Fat Free Milk	SAUSAGE, EGG, & CHEESE BREAKFAST SLIDER OR W/G DANISH TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	W/G WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREAL W/G GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk
April 15	April 16	April 17	April 18	April 19
FRENCH TOAST STICKS w/ syrup SAUSAGE PATTY OR ASSORTED CEREAL NUTRI GRAIN BAR FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	PANCAKE & SAUSAGE ON- STICK OR NONFAT YOGURT W/G GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	GRITS w/ butter BACON STRIPS OR ASSORTED CEREAL GRANOLA BAR ORANGES 100% JUICE Lowfat or Fat Free Milk	W/G SAUSAGE BISCUITS OR BLUEBERRY MUFFINS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	CHICKEN FRITTER BISCUITS OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk
April 22	April 23	April 24	April 25	April 26
W/G PANCAKES w/ syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BAR FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	W/G SAUSAGE, EGG & CHEESE BISCUITS OR ASSORTED CEREAL NUTRI GRAIN BARS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	GRITS w/ butter BACON STRIPS OR ASSORTED CEREAL GRANOLA BAR ORANGES 100% JUICE Lowfat or Fat Free Milk	BREAKFAST POTATOES SAUSAGE PATTIES OR NONFAT YOGURT GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	W/G WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREAL W/G GRAHAM CRACKERS DICED PEARS 100% JUICE Lowfat or Fat Free Milk
April 29	April 30			
FRENCH TOAST STICKS w/ syrup SAUSAGE PATTY OR ASSORTED CEREAL NUTRI GRAIN BAR FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	SAUSAGE BISCUITS OR NONFAT YOGURT GRANOLA BARS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk			

Families Making the Connection

Kale is Cool!

Kale is a green leafy vegetable, part of the cabbage or Brassicaceae family. Kale is grown all over the world. In the United States, California, Georgia, New Jersey, Texas, and North Carolina are the top kale producing states.

Kale is considered a cool-season crop but can be grown and harvested almost year-round. It prefers cooler weather and loamy soil. Kale can survive and may taste sweeter when harvested after a frost.

Kale is considered a superfood—a nutritional powerhouse of vitamins and antioxidants. One cup of raw (loosely packed) kale has about 8 calories and ½ cup of cooked, chopped kale has about 18 calories. Raw and cooked kale are excellent sources of vitamins A, C and K, cholesterol free and low in fat and sodium.

Fresh, raw kale can be purchased in bunches or washed, chopped and bagged. Kale can also be sold canned, frozen, dried and as juice. Fresh kale is a great addition to a salad, sandwich, wrap or smoothie. Kale can also be boiled, steamed.

This institution is an equal opportunity provider.

<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>