



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

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>May 1</b> GRITS w/butter BACON STRIPS OR ASSORTED CEREAL GRAHAM CRACKERS ORANGES 100% JUICE Lowfat or Fat Free Milk	<b>May 2</b> CINNAMON ROLLS TURKEY SAUSAGE OR ASSORTED CEREAL NUTRI GRAIN BAR APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	<b>May 3</b> PANCAKE & SAUSAGE STICK OR ASSORTED CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk
<b>May 6</b> <b>NO SCHOOL TEACHER WORKDAY</b>	<b>May 7</b> <b>NO SCHOOL TEACHER WORKDAY</b>	<b>May 8</b> Entrée GRITS w/butter BACON STRIPS OR ASSORTED CEREAL GRAHAM CRACKERS ORANGES 100% JUICE Lowfat or Fat Free Milk	<b>May 9</b> PANCAKE w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BAR FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	<b>May 10</b> SAUSAGE, EGG & CHEESE BREAKFAST SANDWICH OR W/G DANISHES TROPICAL FRUIT 100% JUICE Lowfat or Fat Free Milk
<b>May 13</b> FRENCH TOAST STICKS TURKEY SAUSAGE OR ASSORTED CEREAL FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	<b>May 14</b> PANCAKE & SAUSAGE STICK OR NONFAT YOGURT NUTRI GRAIN BAR FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	<b>May 15</b> GRITS w/butter BACON STRIPS OR ASSORTED CEREAL GRAHAM CRACKERS ORANGES 100% JUICE Lowfat or Fat Free Milk	<b>May 16</b> SAUSAGE BISCUIT w/grape jelly OR BLUEBERRY MUFFINS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	<b>May 17</b> CHICKEN FRITTER BISCUIT OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk
<b>May 20</b> PANCAKE w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BAR FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	<b>May 21</b> SAUSAGE, EGG & CHEESE BISCUIT OR ASSORTED CEREAL NUTRI GRAIN BAR DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	<b>May 22</b> GRITS w/butter BACON STRIPS OR ASSORTED CEREAL GRAHAM CRACKERS ORANGES 100% JUICE Lowfat or Fat Free Milk	<b>May 23</b> BREAKFAST POTATOES SAUSAGE PATTIES OR NONFAT YOGURT GRAHAM CRACKER PINEAPPLE TIDBIT 100% JUICE Lowfat or Fat Free Milk	<b>May 24</b> WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREAL DICED PEARS 100% JUICE Lowfat or Fat Free Milk
<b>May 27</b> <b>NO SCHOOL MEMORIAL DAY HOLIDAY</b>	<b>May 28</b> W/G SAUSAGE BISCUIT OR NONFAT YOGURT GRANOLA BARS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	<b>May 29</b> GRITS w/butter BACON STRIPS OR ASSORTED CEREAL GRAHAM CRACKERS ORANGES 100% JUICE Lowfat or Fat Free Milk	<b>May 30</b> CINNAMON ROLLS TURKEY SAUSAGE OR ASSORTED CEREAL NUTRI GRAIN BAR APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	<b>May 31</b> PANCAKE & SAUSAGE STICK OR ASSORTED CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk

### Families Making the Connection

#### Strawberries are Sweet!

Strawberries are fruits that grow on small plants. Strawberries can be available year-round. Peak season in the United States is May to July and in North Carolina is mid-April to mid-June. Did you know May is National Strawberry Month?

The Strawberry is the official North Carolina State Red Berry. North Carolina is the 4<sup>th</sup> largest strawberry producer in

the nation. North Carolina has many “pick your own” farms. Find one near you at [GottoBeNC.com](http://GottoBeNC.com).

Strawberries change colors as they ripen. They start as green and go from white to pink and finally to red when they are ripe and ready to be harvested. Strawberries will not ripen after picking. Choose strawberries with a solid red color and very little green or white.



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

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>May 1</b> FRIED CHICKEN W/W DINNER ROLL GREEN BEANS YELLOW CORN DICED PEARS Lowfat or Fat Free Milk	<b>May 2</b> BBQ MEATBALLS W/W DINNER ROLL MASHED POTATOES DICED PEACHES Lowfat or Fat Free Milk	<b>May 3</b> PIZZA (PEPPERONI/CHEESE) ROMAINE SALAD MIX CUCUMBERS/TOMATO FRESH FRUIT Lowfat or Fat Free Milk
<b>May 6</b> <b>NO SCHOOL TEACHER WORKDAY</b>	<b>May 7</b> <b>NO SCHOOL TEACHER WORKDAY</b>	<b>May 8</b> BEEF TACOS w/shred cheese/lettuce W/W FAJITA YELLOW CORN MEXICAN RICE DICED PEACHES Lowfat or Fat Free Milk	<b>May 9</b> CHICKEN FILLET SANDWICH POTATO WEDGES APPLESAUCE Lowfat or Fat Free Milk	<b>May 10</b> PIZZA (PEPPERONI/CHEESE) ROMAINE SALAD MIX CUCUMBERS/TOMATO FRESH FRUIT Lowfat or Fat Free Milk
<b>May 13</b> SLOPPY JOE SANDWICH W/G HAMBURGER BUN POTATO WEDGES FRESH FRUIT Lowfat or Fat Free Milk	<b>May 14</b> CHICKEN FAJITAS Shred cheese/salsa W/G TORTILLA PINTO BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	<b>May 15</b> FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES MIXED VEGETABLES TROPICAL FRUIT MIX Lowfat or Fat Free Milk	<b>May 16</b> BAKED SPAGHETTI ROMAINE SALAD MIX CUCUMBER/TOMATO FRUIT COCKTAIL Lowfat or Fat Free Milk	<b>May 17</b> PIZZA (PERRONI/CHEESE) BAKED CHIPS FRESH FRUIT Lowfat or Fat Free Milk
<b>May 20</b> MEATBALLS w/gravy W/W DINNER ROLL GREEN BEANS MASHED POTATOES DICED PEARS Lowfat or Fat Free Milk	<b>May 21</b> TACO SALAD w/nacho cheese W/W TORTILLA CHIPS SHRED LETTUCE PINTO BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	<b>May 22</b> CHICKEN FILLET SANDWICH POTATO WEDGES APPLESAUCE Lowfat or Fat Free Milk	<b>May 23</b> CHICKEN NUGGETS W/W DINNER ROLL GLAZED CARROTS DICED PEACHES Lowfat or Fat Free Milk	<b>May 24</b> PIZZA (PEPPERONI/ CHEESE) BAKED CHIPS FRESH FRUIT Lowfat or Fat Free Milk
<b>May 27</b> <b>NO SCHOOL MEMORIAL DAY HOLIDAY</b>	<b>May 28</b> PHILLY STEAK & CHEESE WRAP W/W FAJITA SHRED LETTUCE DICED TOMATOES YELLOW CORN FRESH FRUIT Lowfat or Fat Free Milk	<b>May 29</b> FRIED CHICKEN W/W DINNER ROLL GREEN BEANS YELLOW CORN DICED PEARS Lowfat or Fat Free Milk	<b>May 30</b> BBQ MEATBALLS W/W DINNER ROLL MASHED POTATOES DICED PEACHES Lowfat or Fat Free Milk	<b>May 31</b> PIZZA (PEPPERONI/CHEESE) ROMAINE SALAD MIX CUCUMBERS/TOMATO FRESH FRUIT Lowfat or Fat Free Milk

## Families Making the Connection

### Strawberries are Sweet!

Strawberries are fruits that grow on small plants. Strawberries can be available year-round. Peak season in the United States is May to July and in North Carolina is mid-April to mid-June. Did you know May is National Strawberry Month?

The Strawberry is the official North Carolina State Red Berry. North Carolina is the 4<sup>th</sup> largest strawberry producer in the nation. North Carolina has many “pick your own” farms. Find one near you at [GottoBeNC.com](http://GottoBeNC.com).

Strawberries change colors as they ripen. They start as green and go from white to pink and finally to red when they are ripe and ready to be harvested. Strawberries will not ripen after picking. Choose strawberries with a solid red color and very little green or white. Strawberries should not have any mold or damage. The green caps should look fresh.

Strawberries are fun to eat fresh, whole or sliced, as a snack or part of a meal. You can add them to salads or lowfat yogurt. Use as a topping for waffles, pancakes, or cereal. Or blend into smoothies. Strawberries will not ripen after picking. Choose strawberries with a solid red color, and very little green or white. Wash your strawberries thoroughly under clean, running water.

Strawberries are a superfood—packed with nutrients. Not only are strawberries deliciously sweet but they also help keep you healthy. Strawberries are an excellent source of vitamin C and a good source of fiber. A cup of whole strawberries has around 50 calories and 140 percent of the vitamin C Daily Value. Strawberries are cholesterol free and low in fat and sodium. Eight strawberries contain more vitamin C than one orange!  
**Nutrilink:** Learn more about strawberries and other fruits and vegetables at <https://bit.ly/3c30kws>.