



## The College Preparatory & Leadership Academy K-12 Menus for May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>May 1</b> WARM DANISHES OR ASSORTED CEREAL W/G GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	<b>May 2</b> BREAKFAST POTATOES SAUSAGE PATTY OR ASSORTED CEREAL NUTRI GRAIN BARS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk
<b>May 5</b> PANCAKES w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BARS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	<b>May 6</b> YOPLAIT YOGURT W/G GRAHAM CRACKERS OR ASSORTED CEREAL APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	<b>May 7</b> GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL W/G GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	<b>May 8</b> BLUEBERRY MUFFINS OR ASSORTED CEREAL W/G GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	<b>May 9</b> BREAKFAST POTATOES TURKEY SAUSAGE PATTY OR ASSORTED CEREAL KELLOGG BAR PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk
<b>May 12</b> FRENCH TOAST STICKS w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	<b>May 13</b> <b>NO SCHOOL TEACHER WORKDAY</b>	<b>May 14</b> <b>NO SCHOOL TEACHER WORKDAY</b>	<b>May 15</b> GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL W/G GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	<b>May 16</b> WARM DANISHES OR ASSORTED CEREAL W/G GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk
<b>May 19</b> CHICKEN & WAFFLES OR ASSORTED CEREAL NUTRI GRAIN BAR PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	<b>May 20</b> YOPLAIT YOGURT W/G GRAHAM CRACKERS OR ASSORTED CEREAL DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	<b>May 21</b> GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL W/G GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	<b>May 22</b> BLUEBERRY MUFFINS OR ASSORTED CEREAL W/G GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	<b>May 23</b> TURKEY SAUSAGE BISCUITS w/grape jelly OR ASSORTED CEREAL W/G GRAHAM CRACKERS TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk
<b>May 26</b> <b>NO SCHOOL MEMORIAL DAY HOLIDAY</b>	<b>May 27</b> YOPLAIT YOGURT W/G GRAHAM CRACKERS OR ASSORTED CEREAL FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	<b>May 28</b> GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL W/G GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	<b>May 29</b> WARM DANISHES OR ASSORTED CEREAL W/G GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	<b>May 30</b> BREAKFAST POTATOES TURKEY SAUSAGE PATTY OR ASSORTED CEREAL W/G GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk

## Families Making the Connection

### Take a Screen Break!

May 5-9 is Screen Free Week! This annual, international celebration promotes reading, playing, thinking, creating, getting active, and spending more time with family and friends instead of watching TV, surfing the web, or playing with apps and video games. You can still use devices for work or school.

Why go screen free?



- Screen time can take away from physical activity that everyone needs to be healthy. Kids and adults who are active are more likely to be at a healthy weight, be sick less often, and sleep better. They are also able to focus, do better in school or at work, and are less likely to feel stressed or depressed.

This institution is an equal opportunity provider.

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



## The College Preparatory & Leadership Academy K-8 Lunch Menus for May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>May 1</b> BAKED SPAGHETTI ROMAINE SALAD MIX CUCUMBERS & TOMATOES DICED TOMATOES TROPICAL FRUIT MIX Lowfat or Fat Free Milk	<b>May 2</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS & TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
<b>May 5</b> CHICKEN FILLET SANDWICH SWEET POTATOES FRUIT COCKTAIL Lowfat or Fat Free Milk	<b>May 6</b> BEEF TACOS w/ shred cheese/ salsa/ lettuce PINTO BEANS DICED PEACHES Lowfat or Fat Free Milk	<b>May 7</b> FRIED CHICKEN LEGS W/W DINNER ROLL TURNIP GREENS MASHED POTATOES DICED PEARS Lowfat or Fat Free Milk	<b>May 8</b> SESAME CHICKEN w/ duck sauce W/G EGG ROLL WHITE RICE MIXED VEGETABLES TROPICAL FRUIT MIX Lowfat or Fat Free Milk	<b>May 9</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS & TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
<b>May 12</b> BBQ MEATBALLS W/W DINNER ROLL MAHED POTATOES GREEN BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	<b>May 13</b> <b>NO SCHOOL TEACHER WORKDAY</b>	<b>May 14</b> <b>NO SCHOOL TEACHER WORKDAY</b>	<b>May 15</b> CHICKEN FAJITAS w/ shred cheese,salsa LETTUCE YELLOW CORN FRUIT COCKTAIL Lowfat or Fat Free Milk	<b>May 16</b> PIZZA (CHEESE/PEPPERONI) BAKED CHIPS FRESH FRUIT Lowfat or Fat Free Milk
<b>May 19</b> CHICKEN ALFREDO GREEN BEANS FRESH APPLES Lowfat or Fat Free Milk	<b>May 20</b> TACO SALAD w/NACHO CHEESE Shred lettuce PINTO BEANS DICED PEARS Lowfat or Fat Free Milk	<b>May 21</b> CHICKEN NUGGETS W/W DINNER ROLL YELLOW CORN DICED PEACHES Lowfat or Fat Free Milk	<b>May 22</b> TURKEY & CHEESE SANDWICHES LETTUCE & TOMATO BAKED CHIPS FRESH CARROTS w/ranch FRUIT COCKTAIL Lowfat or Fat Free Milk	<b>May 23</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS & TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
<b>May 26</b> <b>NO SCHOOL MEMORIAL HOLIDAY</b>	<b>May 27</b> CHICKEN FAJITAS w/shred cheese,salsa Shred Lettuce PINTO BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	<b>May 28</b> CHICKEN TENDERS W/W DINNER ROLL GREEN BEANS SWEET POTATOES DICED PEARS Lowfat or Fat Free Milk	<b>May 29</b> BAKED SPAGHETTI DICED TOMATOES YELLOW CORN TROPICAL FRUIT MIX Lowfat or Fat Free Milk	<b>May 30</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS & TOMATOES FRESH FRUIT Lowfat or Fat Free Milk

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- Screen time can take away from physical activity that everyone needs to be healthy. Kids and adults who are active are more likely to be at a healthy weight, be sick less often, and sleep better. They are also able to focus, do better in school or at work, and are less likely to feel stressed or depressed.
- Excessive screen time can take us away from connecting with others.

What can you do?

- Take breaks from screens – smart phone, computer, TV, etc.
- Turn on some music, dance, and sing.
- Take a walk or go for a run or bike ride.
- Play basketball, soccer, tennis, pickleball, or another sport.
- Work on an art or craft project.
- Get outside. Explore nature at a local park or trail.
- Play a game or put together a puzzle with friends or family.
- Plant or work in a garden.
- Read a book.
- Try a new activity or hobby. Spend time with others.
- Volunteer in your community.

Learn more and find resources at <https://screenfree.org>.