



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

Monday	Tuesday	Wednesday	Thursday	Friday
				November 1 WAFFLES w/ syrup TURKEY SAUSAGE OR
				ASSORTED CEREAL NUTRI GRAIN BAR FRESH FRUIT 100% JUICE Lowfat or Fat Free Milk
November 4	November 5	November 6	November 7	November 8
PANCAKES w/syrup		GRITS w/ butter	W/G SAUSAGE, EGG, &	WAFFLES w/syrup
SAUSAGE LINKS Or	NO SCHOOL	BACON STRIPS Or	CHEESE BISCUITS OR	BACON STRIPS
ASSORTED CEREAL		ASSORTED CEREAL	DANISHES	ASSORTED CEREAL
NUTRI GRAIIN BARS FRESH STRAWBERRIES	GO VOTE!!!	GRANOLA BARS ORANGES	FRUIT COCKTAIL 100% JUICE	GRAHAM CRACKERS APPLESAUCE
100% JUICE Lowfat or Fat Free Milk		100% JUICE Lowfat or Fat Free Milk	Lowfat or Fat Free Milk	100% JUICE Lowfat or Fat Free Milk
November 11	November 12 PANCAKE & SAUSAGE ON	November 13 GRITS w/ butter	November 14	November 15 CHICKEN FRITTER
	STICK	BACON STRIPS	SAUSAGE BISCUITS w/jelly OR	BISCUITS w/jelly
NO SCHOOL	OR NONFAT YOGURT	Or ASSORTED CEREAL	W/G BLUEBERRY MUFFINS	OR ASSORTED CEREAL
VETERANS DAY	NUTRI GRAIN BARS	GRANOLA BARS	APPLESAUCE	GRAHAM CRACKERS
	FRUIT COCKTAIL 100% JUICE	ORANGES 100% JUICE	100% JUICE Lowfat or Fat Free Milk	DICED PEACHES 100% JUICE
	Lowfat or Fat Free Milk	Low fat or Fat Free Milk		Lowfat or Fat Free Milk
November 18	November 19	November 20	November 21	November 22
PANCAKES w/syrup BACON STRIPS	BREAKFAST POTATOES SAUSAGE PATTIES	GRITS w/ butter BACON STRIPS	TURKEY SAUSAGE, EGG & CHEESE BISCUITS	FRENCH TOAST STICKS w/
OR	OR	Or	OR	SAUSAGE LINKS
ASSORTED CEREAL NUTRIGRAIN BARS	ASSORTED CEREAL GRAHAM CRACKERS	ASSORTED CEREAL GRANOLA BARS	NONFAT YOGURT GRAHAM CRACKERS	OR ASSORTED CEREAL
FRESH STRAWBERRIES	APPLESAUCE	ORANGES	FRUIT COCKTAIL	GRAHAM CRACKERS
100% JUICE Lowfat or Fat Free Milk	100% JUICE Lowfat or Fat Free Milk	100% JUICE Lowfat or Fat Free Milk	100% JUICE Lowfat or Fat Free Milk	PINEAPPLE TIDBITS 100% JUICE
				Lowfat or Fat Free Milk
November 25	November 26	November 27	November 28	November 29
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
THANKSGIVING BREAK	THANKSGIVING BREAK	THANKSGIVING BREAK	THANKSGIVING BREAK	THANKSGIVING BREAK

## Families Making the Connection

Celebrate #NCFarmers from the Mountains to the Sea!

In 2023, the North Carolina General Assembly established the second Thursday in November as N.C. Farmers Appreciation Day as an opportunity to thank all our farmers and farm families. The inaugural event is November 14, 2024.

North Carolina is rich in agriculture from the mountains to the sea. The farmers that produce food, fiber, and fuel in our state do so with heart and pride. Learn more and find

# North Carolina Department of **PUBLIC INSTRUCTION**

resources to celebrate our farmers and all they produce at <u>https://www.ncfarmerappreciation.com</u>. Recognize and thank #NCFarmers on social media using #NCFarmersAppreciationDay and #FromMountainstoSea. Tag @NCFarmersAppreciationDay.





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

CHOOL OTE!!! BR DIC Lov	November 6 FRIED CHICKEN LEGS W/W DINNER ROLL MASHED POTATOES BROCCOLI & CHEESE DICED PEARS Low fat or Fat Free Milk November 13 FRIED CHICKEN TENDERS W/W DINNER ROLL	November 7 SLOPPY JOE SANDWHICH W/W HAMBURGER BUN POTATO WEDGES FRUIT COCKTAIL Lowfat or Fat Free Milk November 14 BBQ MEATBALLS W/W DINNER ROLL	November 1 PIZZA (cheese/pepperoni) BAKED CHIPS FRESH FRUIT Lowfat or Fat Free Milk November 8 PIZZA (cheese/pepperoni) ROMAINE SALAD MIX w/ ranch CUCUMBERS &TOMATOES FRESH FRUIT Lowfat or Fat Free Milk November 15 PIZZA (cheese/pepperoni)
CHOOL OTE!!! bloc bloc JITAS W/ FR	RIED CHICKEN LEGS W/W DINNER ROLL MASHED POTATOES BROCCOLI & CHEESE DICED PEARS Low fat or Fat Free Milk November 13 FRIED CHICKEN TENDERS W/W DINNER ROLL	SLOPPY JOE SANDWHICH W/W HAMBURGER BUN POTATO WEDGES FRUIT COCKTAIL Lowfat or Fat Free Milk <b>November 14</b> BBQ MEATBALLS	(cheese/pepperoni) BAKED CHIPS FRESH FRUIT Lowfat or Fat Free Milk November 8 PIZZA (cheese/pepperoni) ROMAINE SALAD MIX w/ ranch CUCUMBERS &TOMATOES FRESH FRUIT Lowfat or Fat Free Milk November 15 PIZZA
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CHOOL OTE!!! BR DIC Lov	WW DINNER ROLL MASHED POTATOES BROCCOLI & CHEESE DICED PEARS Low fat or Fat Free Milk November 13 FRIED CHICKEN TENDERS WW DINNER ROLL	W/W HAMBURGER BUN POTATO WEDGES FRUIT COCKTAIL Lowfat or Fat Free Milk <b>November 14</b> BBQ MEATBALLS	(cheese/pepperoni) ROMAINE SALAD MIX w/ ranch CUCUMBERS &TOMATOES FRESH FRUIT Lowfat or Fat Free Milk November 15 PIZZA
CHOOL MA OTE!!! BR DIC Lov nber 12 JITAS W/ FR	MASHED POTATOES BROCCOLI & CHEESE DICED PEARS Low fat or Fat Free Milk November 13 FRIED CHICKEN TENDERS W/W DINNER ROLL	POTATO WEDGES FRUIT COCKTAIL Lowfat or Fat Free Milk November 14 BBQ MEATBALLS	ROMAINE SALAD MIX w/ ranch CUCUMBERS &TOMATOES FRESH FRUIT Lowfat or Fat Free Milk November 15 PIZZA
OTE!!! BR DI( Lov nber 12 JITAS W/ FR	BROCCOLI & CHEESE DICED PEARS Low fat or Fat Free Milk November 13 FRIED CHICKEN TENDERS W/W DINNER ROLL	FRUIT COCKTAIL Lowfat or Fat Free Milk November 14 BBQ MEATBALLS	ranch CUCUMBERS &TOMATOES FRESH FRUIT Lowfat or Fat Free Milk November 15 PIZZA
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JITAS W/ FR	RIED CHICKEN TENDERS	BBQ MEATBALLS	November 15 PIZZA
JITAS W/ FR	RIED CHICKEN TENDERS	BBQ MEATBALLS	PIZZA
	V/W DINNER ROLL		
salsa. lettuce W/	-	W/W DINNER ROLL	(cheese/nenneroni)
-	ASHED POTATOES	WHITE RICE	BAKED CHIPS
	URNIP GREENS	GREEN BEANS	FRESH FRUIT
	DICED PEACHES	GLAZED CARROTS	
Free Milk Lov	owfat or Fat Free Milk	Lowfat or Fat Free Milk	Low fat or Fat Free Milk
nber 19	November 20	November 21	November 22
	RIED CHICKEN LEGS	GLAZED TURKEY	PIZZA
	V/W DINNER ROLL	CORNBREAD DRESSING	(cheese/pepperoni)
	ACARONI & CHEESE	SWEET POTATOES w/	ROMAINE SALAD MIX w/
	URNIP GREENS	marshmallows	ranch
Free Milk Lov	owfat or Fat Free Milk	GREEN BEANS	CUCUMBERS & TOMATOES
		FRUIT COCKTAIL	FRESH FRUIT
		Lowfat or Fat Free Milk	Lowfat or Fat Free Milk
iber 26			November 29
			NO SCHOOL
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CHOOL SGIVING	THANKSGIVING	THANKSGIVING	THANKSGIVING
r	nber 26		

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