



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

Monday	Tuesday	Wednesday	Thursday	Friday
December 2 SAUSAGE, EGG & CHEESE BISCUITS w/grape jelly OR ASSORTED CEREAL NUTRI GRAIN BARS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	December 3 YOPLAIT YOGURT GRAHAM CRACKERS OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	December 4 GRITS w/ butter BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGES 100% JUICE Lowfat or Fat Free Milk	December 5 DANISHES OR ASSORTED CEREAL GRANOLA BARS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	December 6 WAFFLES w/syrup SAUSAGE LINKS OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk
December 9 FRENCH TOAST sticks w/syrup OR ASSORTED CEREAL FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	December 10 YOPLAIT YOGURT GRAHAM CRACKERS OR ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Low fat or Fat Free Milk	December 11 GRITS w/ butter BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGES 100% JUICE Low fat or Fat Free Milk	December 12 BLUEBERRY MUFFINS OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	December 13 SAUSAGE BISCUITS w/jelly OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk
December 16 PANCAKES w/syrup BACON STRIPS OR ASSORTED CEREAL NUTRIGRAIN BAR FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	December 17 YOPLAIT YOGURT GRAHAM CRACKERS OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	December 18 GRITS w/ butter BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGES 100% JUICE Low fat or Fat Free Milk	December 19 NO SCHOOL CHRISTMAS BREAK	December 20 NO SCHOOL CHRISTMAS BREAK
December 23 NO SCHOOL CHRISTMAS BREAK	December 24 NO SCHOOL CHRISTMAS BREAK	December 25 NO SCHOOL CHRISTMAS BREAK	December 26 NO SCHOOL CHRISTMAS BREAK	December 27 NO SCHOOL CHRISTMAS BREAK
December 30 NO SCHOOL CHRISTMAS BREAK	December 31 NO SCHOOL CHRISTMAS BREAK			

Families Making the Connection

Celebrate the Healthy Way!

Schools have many reasons to celebrate – birthdays, holidays, team wins, good grades, etc.! Often those celebrations involve food – sugary drinks, cupcakes, donuts, cookies, ice cream, or candy. These types of foods don't offer nutrients to nourish students and help them focus and learn. Families can suggest and help with different strategies to celebrate and support health. Learn more at www.actionforhealthykids.org/activity/healthy-active-parties.

- Work with your school to find healthy ways to recognize special events or accomplishments. Try options that don't involve food or screens like time for reading, listening to music, or participating in active games, sports, or dancing.
- Offer water, 100% juice, and/or lowfat or fat free milk instead of sodas or other drinks that have sugar and caffeine.
- Include nutritious options if you do have food for a party like fruits, vegetables, whole grains, and/or lowfat or fat free dairy



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

Monday	Tuesday	Wednesday	Thursday	Friday
December 2 TACO SALAD w/ nacho cheese, salsa TORTILLA CHIPS SHRED LETTUCE PINTO BEANS FRUIT COCKTAIL Lowfat or Fat Free Milk	December 3 CHICKEN FILLET SANDWICH SWEET POTATOES w marshmallows APPLESAUCE Lowfat or Fat Free Milk	December 4 FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES DICED PEARS Lowfat or Fat Free Milk	December 5 SLOPPY JOE SANDWICH W/W HAMBURGER BUN GREEN BEANS FRUIT COCKTAIL Lowfat or Fat Free Milk	December 6 PIZZA (PEPPERONI/ CHEESE) POTATO WEDGES Low fat or Fat Free Milk
December 9 MEATBALLS w/ gravy W/W DINNER ROLL STEAMED RICE TROPICAL FRUIT MIX Lowfat or Fat Free Milk	December 10 CHICKEN FAJITAS W/W FAJITA SHRED LETTUCE PINTO BEANS FRUIT COCKTAIL Lowfat or Fat Free Milk	December 11 FRIED CHICKEN W/W DINNER ROLL MACARONI & CHEESE DICED PEACHES Low fat or Fat Free Milk	December 12 CHICKEN ALFREDO W/W ZITI NOODLES STEAMED BROCCOLI & CHEESE FRESH FRUIT Lowfat or Fat Free Milk	December 13 PIZZA (PEPPERONI/ CHEESE) BAKED POTATO CHIPS FRESH FRUIT Lowfat or Fat Free Milk
December 16 CHEESEBURGER MAC GREENS BEANS MANDARIN ORANGES Low fat or Fat Free Milk	December 17 BEEF TACOS w/shred cheese, lettuce W/W TORTILLA YELLOW CORN DICED PEACHES Lowfat or Fat Free Milk	December 18 FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES DICED PEARS Lowfat or Fat Free Milk	December 19 NO SCHOOL CHRISTMAS BREAK	December 20 NO SCHOOL CHRISTMAS BREAK
December 23 NO SCHOOL CHRISTMAS BREAK	December 24 NO SCHOOL CHRISTMAS BREAK	December 25 NO SCHOOL CHRISTMAS BREAK	December 26 NO SCHOOL CHRISTMAS BREAK	December 27 NO SCHOOL CHRISTMAS BREAK
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- Include nutritious options if you do have food for a party like fruits, vegetables, whole grains, and/or lowfat or fat free dairy. Some ideas are whole grain tortilla chips with salsa, fruit with a yogurt dip, parfaits with fruit, yogurt, and whole grain cereal, veggies with lowfat dressing, or smoothies. Check to see if you can purchase nutritious, fun snacks from your School Nutrition Program for events.
- Read food labels to make smart choices. Be careful of any food allergens for students and staff.
- Make sure everyone can participate, celebrate, and have fun!