



The College Preparatory & Leadership Academy K-12 Breakfast Menus for January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		January 1 NO SCHOOL WINTER BREAK	January 2 NO SCHOOL WINTER BREAK	January 3 NO SCHOOL WINTER BREAK
January 6 PANCAKES W/ SYRUP SAUSAGE LINKS OR ASSORTED CERAL FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	January 7 YOGURT GRAHAM CRACKERS OR ASSORTED CEREL APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	January 8 GRITS w/butter BACON STRIPS OR ASSORTED CEREL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	January 9 W/G BLUEBERRY MUFFINS OR ASSORTED CEREL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	January 10 BREAKFAST POTATOES SAUSAGE PATTIES OR ASSORTED CERAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk
January 13 SAUSAGE, EGG & CHEESE BISCUIT w/ grape jelly OR ASSORTED CEREL NUTRI GRAIN BARS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	January 14 YOGURT GRAHAM CRACKERS OR ASSORTED CEREL DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	January 15 GRITS w/butter BACON STRIPS OR ASSORTED CEREL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	January 16 W/G WARM DANISHES OR ASSORTED CEREL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	January 17 W/G WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk
January 20 NO SCHOOL MARTIN LUTHER KING JR.DAY	January 21 FRENCH TOAST STICKS SAUSAGE LINKS OR ASSORTED CEREL NUTRI GRAIN BARS FRESH STRAWBERRIES 100% JUICE Lowfat or Fat Free Milk	January 22 GRITS w/butter BACON STRIPS OR ASSORTED CEREL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	January 23 W/G BLUEBERRY MUFFINS OR ASSORTED CEREL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	January 24 SAUSAGE BISCUITS w/jelly OR ASSORTED CEREL W/G GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk
January 27 BACON, EGG & CHEESE BISCUIT OR ASSORTED CEREL NUTRI GRAIN BARS Lowfat or Fat Free Milk	January 28 YOGURT GRAHAM CRACKERS OR ASSORTED CEREL FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	January 29 GRITS w/butter BACON STRIPS OR ASSORTED CEREL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	January 30 W/G WARM DANISHES OR ASSORTED CEREL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	January 31 Entrée Entrée Fruit Fruit Lowfat or Fat Free Milk

Families Making the Connection

Move Your Way – Be Active Every Day!

January is Family Fitness Month, a great time to renew or start a fitness routine with your family. Families that are active are healthier. Families that are active together have more fun!

Physical activity fosters normal growth and development, can make people feel better, function better, sleep better, and reduce the risk of chronic diseases. According to the Physical Activity Guidelines for Americans, youth ages 6-17 should be active for at least 60 minutes each day. For substantial health

benefits, adults should do at least 150-300 minutes a week of moderate-intensity, or 75-150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination. Think 3 – three ways to exercise:

1. **Work out your heart.** Aerobic exercise gets your heart pumping. Dancing, swimming, biking, running, taking a brisk walk, or playing volleyball, football, basketball, soccer, pickle ball, or tennis are some options.



The College Preparatory & Leadership January K-8 Lunch Menus for January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		January 1	January 2	January 3
		NO SCHOOL WINTER BREAK	NO SCHOOL WINTER BREAK	NO SCHOOL WINTER BREAK
January 6	January 7	January 8	January 9	January 10
CHICKEN FILLET SANDWICH W/W HAMBURGER BUN SWEET POTATOES FRUIT COCKTAIL Lowfat or Fat Free Milk	TACO SALAD w/nacho cheese W/W TORTILLA CHIPS Shred lettuce/cheese/salsa PINTO BEANS DICED PEACHES Lowfat or Fat Free Milk	FRIED CHICKEN W/W DINNER ROLL BROCCOLI & CHEESE DICED PEARS Lowfat or Fat Free Milk	BEEF-A-RONI YELLOW CORN TROPICAL FRUIT MIX Lowfat or Fat Free Milk	PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
January 13	January 14	January 15	January 16	January 17
BBQ MEATBALLS W/W DINNER ROLLS MIXED VEGETABLES MASHED POTATOES FRESH FRUIT Lowfat or Fat Free Milk	CHICKEN FAJITAS W/W FAJITAS Shred lettuce/cheese/salsa BAKED BEANS FRUIT COCKTAIL Lowfat or Fat Free Milk	CHICKEN TENDERS W/W DINNER ROLL MAC & CHEESE GREEN BEANS DICED PEACHES Lowfat or Fat Free Milk	SWEET & SOUR CHICKEN DUCK/SOY SAUCE W/G EGG ROLL STEAMED RICE BROCCOLI PINEAPPLE TIDBITS Lowfat or Fat Free Milk	PIZZA (CHEESE/PEPPERONI) POTATO WEDGES FRESH FRUIT Lowfat or Fat Free Milk
January 20	January 21	January 22	January 23	January 24
NO SCHOOL MARTIN LUTHER KING JR. DAY	TACO SALAD w/nacho cheese W/W TORTILLA CHIPS Shred lettuce/cheese/salsa YELLOW CORN DICED PEACHES Lowfat or Fat Free Milk	FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES TURNIP GREENS DICED PEARS Lowfat or Fat Free Milk	CHICKEN FILLET SANDWICH W/W HAMBURGER BUN SWEET POTATOES FRUIT COCKTAIL Lowfat or Fat Free Milk	PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk
January 27	January 28	January 29	January 30	January 31
HAMBURGER w/cheese Lettuce/tomatoes W/W HAMBURGER BUN POTATO WEDGES FRESH FRUIT Lowfat or Fat Free Milk	CHICKEN FAJITAS W/W FAJITAS Shred lettuce/cheese/salsa PINTO BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	CHICKEN NUGGETS W/W DINNER ROLL GLAZED CARROTS GREEN BEANS DICED PEACHES Lowfat or Fat Free Milk	BAKED SPAGHETTI ROMAINE SALAD MIX CUCUMBERS/TOMATOES TROPICAL FRUIT MIX Lowfat or Fat Free Milk	PIZZA (CHEESE/PEPPERONI) BAKED POTATO CHIPS FRESH FRUIT Lowfat or Fat Free Milk

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- 1. Work out your heart.** Aerobic exercise gets your heart pumping. Dancing, swimming, biking, running, taking a brisk walk, or playing volleyball, football, basketball, soccer, pickle ball, or tennis are some options.
- 2. Strengthen your muscles and bones.** Strengthening gives you more power, protects you from injuries, and helps you burn more calories. You don't have to lift weights. Leg lunges or squats, pull-ups, push-ups, planks, and ab crunches work.
- 3. Keep your body flexible.** Flexibility keeps muscles and joints from getting stiff, improves performance, and protects from sprains or strains. Stretching or doing yoga, tai chi, or pilates can help.