



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 3</b> PANCAKE w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BARS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	<b>March 4</b> YOPLAIT YOGURT GRAHAM CRACKERS OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	<b>March 5</b> GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	<b>March 6</b> BLUEBERRY MUFFINS OR ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	<b>March 7</b> BREAKFAST POTATOES TURKEY SAUSAGE PATTY OR ASSORTED CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk
<b>March 10</b>  <b>NO SCHOOL TEACHER WORKDAY</b>	<b>March 11</b> YOPLAIT YOGURT GRAHAM CRACKERS OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	<b>March 12</b> GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	<b>March 13</b> WARM DANISHES OR ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	<b>March 14</b> BREAKFAST POTATOES SAUSAGE PATTY OR ASSORTED CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk
<b>March 17</b> PANCAKE w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BARS FRESH ORANGES 100% JUICE Lowfat or Fat Free Milk	<b>March 18</b> YOPLAIT YOGURT GRAHAM CRACKERS OR ASSORTED CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	<b>March 19</b> GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	<b>March 20</b> BLUEBERRY MUFFINS OR ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	<b>March 21</b> TURKEY SAUSAGE BISCUITS w/ grape jelly OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk
<b>March 24</b> BACON, EGG & CHEESE BISCUITS OR ASSORTED CEREAL NUTRI GRAIN BARS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	<b>March 25</b> YOPLAIT YOGURT GRAHAM CRACKERS OR ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	<b>March 26</b> GRITS w/BUTTER BACON STRIPS OR ASSORTED CEREAL GRAHAM CRACKERS ORANGE SLICES 100% JUICE Lowfat or Fat Free Milk	<b>March 27</b> WARM DANISHES OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	<b>March 28</b>  <b>NO SCHOOL TEACHER WORKDAY</b>
<b>March 31</b>  <b>SPRNG BREAK</b>				

## Families Making the Connection

### Clue In To School Breakfast

March 3-7 is National School Breakfast Week (NSBW), “Clue In To School Breakfast”. #NSBW2025 highlights how eating a nutritious breakfast helps students be successful in the classroom and beyond. Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness.

School breakfast is a School Nutrition Program available to all public schools. All children can participate. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and lowfat or fat free

milk. Every school breakfast served meets federal nutrition standards limiting calories, fat, and sodium.

School breakfast offers several connections to classroom learning—students have the opportunity to eat a healthy breakfast each school morning closer to academic instruction time, students who eat a healthy breakfast are better able to focus on classroom lessons, and students can practice the nutrition lessons they learn in the classroom by making healthy choices with school breakfast.



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 3</b> BEEF-A-RONI YELLOW CORN TROPICAL FRUIT MIX Lowfat or Fat Free Milk	<b>March 4</b> BEEF TACOS W/W TORTILLA WRAP Shred cheese/lettuce PINTO BEANS DICED PEACHES Lowfat or Fat Free Milk	<b>March 5</b> FRIED CHICKEN LEGS W/W DINNER ROLLS BROCCOLI & CHEESE MASHED POTATOES DICED PEARS Lowfat or Fat Free Milk	<b>March 6</b> CHICKEN SANDWHICH W/W HAMBURGER BUN SWEET POTATOES FRUIT COCKTAIL Lowfat or Fat Free Milk	<b>March 7</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX w/cucumbers & tomatoes FRESH FRUIT Lowfat or Fat Free Milk
<b>March 10</b>  <b>NO SCHOOL TEACHER WORKDAY</b>	<b>March 11</b> CHICKEN FAJITAS W/W TORTILLA WRAP Shred cheese/lettuce YELLOW CORN FRUIT COCKTAIL Lowfat or Fat Free Milk	<b>March 12</b> MEATBALLS w/gravy W/W DINNER ROLL MASHED POTATOES PINEAPPLE TIDBITS Lowfat or Fat Free Milk	<b>March 13</b> SESAME CHICKEN w/ duck sauce W/G EGG ROLL WHITE RICE MIXED VEGETABLES TROPICAL FRUIT MIX Lowfat or Fat Free Milk	<b>March 14</b> PIZZA (CHEESE/PEPPERONI) BAKED CHIPS FRESH FRUIT Lowfat or Fat Free Milk
<b>March 17</b> CHICKEN ALFREDO W/W ZITI NOODLES STEAMED BROCCOLI FRESH FRUIT Lowfat or Fat Free Milk	<b>March 18</b> TACO SALAD w/nacho cheese W/W TORTILLA CHIPS Shred lettuce YELLOW CORN DICED PEACHES Lowfat or Fat Free Milk	<b>March 19</b> CHICKEN TENDERS W/W DINNER ROLL MASHED POTATOES TURNIP GREENS DICED PEARS Lowfat or Fat Free Milk	<b>March 20</b> CHICKEN SANDWHICH W/W HAMBURGER BUN BAKED BEANS FRUIT COCKTAIL Lowfat or Fat Free Milk	<b>March 21</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX w/cucumbers & tomatoes FRESH FRUIT Lowfat or Fat Free Milk
<b>March 24</b> HAMBURGER w/cheese W/W HAMBURGER BUN POTATO WEDGES FRESH FRUIT Lowfat or Fat Free Milk	<b>March 25</b> CHICKEN FAJITAS W/W TORTILLA WRAP Shred cheese/lettuce PINTO BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	<b>March 26</b> CHICKEN NUGGETS W/W DINNER ROLL GLAZED CARROTS DICED PEACHES Lowfat or Fat Free Milk	<b>March 27</b> BAKED SPAGHETTI ROMAINE SALAD MIX w/cucumbers & tomatoes TROPICAL FRUIT MIX Lowfat or Fat Free Milk	<b>March 28</b>  <b>NO SCHOOL TEACHER WORKDAY</b>
<b>March 31</b>  <b>SPRING BREAK</b>				

## Families Making the Connection

### Clue In To School Breakfast

March 3-7 is National School Breakfast Week (NSBW), “Clue In To School Breakfast”. #NSBW2025 highlights how eating a nutritious breakfast helps students be successful in the classroom and beyond. Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness.

School breakfast is a School Nutrition Program available to all public schools. All children can participate. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and lowfat or fat free milk. Every school breakfast served meets federal nutrition standards limiting calories, fat, and sodium.

School breakfast offers several connections to classroom learning—students have the opportunity to eat a healthy breakfast each school morning closer to academic instruction time, students who eat a healthy breakfast are better able to focus on classroom lessons, and students can practice the nutrition lessons they learn in the classroom by making healthy choices with school breakfast.

Learn more about NSBW at [www.schoolnutrition.org/nsbw](http://www.schoolnutrition.org/nsbw). For more info on school breakfast in our state, visit <https://go.ncdpi.gov/ncschoolmeals>.