



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

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
|  | <b>April 1</b>  | <b>April 2</b>  | <b>April 3</b>   | <b>April 4</b>  |
|  | <b>NO SCHOOL<br/>SPRING BREAK</b>   | <b>NO SCHOOL<br/>SPRING BREAK</b>   | <b>NO SCHOOL<br/>SPRING BREAK</b>  | <b>NO SCHOOL<br/>SPRING BREAK</b>   |
| <b>April 7</b><br>PANCAKES w/syrup<br>SAUSAGE LINKS<br>OR<br>ASSORTED CEREAL<br>W.G NUTRI GRAIN BARS<br>DICED PEACHES<br>100% JUICE<br>Lowfat or Fat Free Milk   | <b>April 8</b><br>YOPLAIT YOGURT<br>GRAHAM CRACKERS<br>OR<br>ASSORTED CEREAL<br>GRAHAM CRACKERS<br>APPLESAUCE<br>100% JUICE<br>Lowfat or Fat Free Milk          | <b>April 9</b><br>GRITS w/butter<br>BACON STRIPS<br>OR<br>ASSORTED CEREAL<br>NUTRI GRAIN BARS<br>ORANGE WEDGES<br>100% JUICE<br>Lowfat or Fat Free Milk   | <b>April 10</b><br>BLUEBERRY MUFFINS<br>OR<br>ASSORTED CEREAL<br>W/G GRAHAM CRACKERS<br>FRUIT COCKTAIL<br>100%JUICE<br>Lowfat or Fat Free Milk | <b>April 11</b><br>BREAKFAST POTATOES<br>TURKEY SAUSAGE<br>PATTIES<br>OR<br>ASSORTED<br>Lowfat or Fat Free Milk   |
| <b>April 14</b><br>PANCAKES w/syrup<br>SAUSAGE LINKS<br>OR<br>ASSORTED CEREAL<br>W.G NUTRI GRAIN BARS<br>ORANGE WEDGES<br>100% JUICE<br>Low fat or Fat Free Milk | <b>April 15</b><br>YOPLAIT YOGURT<br>GRAHAM CRACKERS<br>OR<br>ASSORTED CEREAL<br>GRAHAM CRACKERS<br>DICED PEACHES<br>100% JUICE<br>Low fat or Fat Free Milk     | <b>April 16</b><br>GRITS w/butter<br>BACON STRIPS<br>OR<br>ASSORTED CEREAL<br>NUTRI GRAIN BARS<br>ORANGE WEDGES<br>100% JUICE<br>Low fat or Fat Free Milk | <b>April 17</b><br>WARM DANISHES<br>OR<br>ASSORTED CEREAL<br>GRAHAM CRACKERS<br>FRUIT COCKTAIL<br>100% JUICE<br>Lowfat or Fat Free Milk        | <b>April 18</b><br><b>NO SCHOOL<br/>GOOD FRIDAY</b>   |
| <b>April 21</b><br><b>NO SCHOOL<br/>HOLIDAY</b>  | <b>April 22</b><br>YOPLAIT YOGURT<br>GRAHAM CRACKERS<br>OR<br>ASSORTED CEREAL<br>GRAHAM CRACKERS<br>PINEAPPLE TIDBITS<br>100% JUICE<br>Low fat or Fat Free Milk | <b>April 23</b><br>GRITS w/butter<br>BACON STRIPS<br>OR<br>ASSORTED CEREAL<br>NUTRI GRAIN BARS<br>ORANGE WEDGES<br>100% JUICE<br>Low fat or Fat Free Milk | <b>April 24</b><br>BLUEBERRY MUFFINS<br>OR<br>ASSORTED CEREAL<br>W/G GRAHAM CRACKERS<br>APPLESAUCE<br>100%JUICE<br>Low fat or Fat Free Milk    | <b>April 25</b><br>TURKEY SAUSAGE<br>BISCUITS w grape jelly<br>OR<br>ASSORTED CEREAL<br>GRAHAM CRACKERS<br>DICED PEACHES<br>100% JUICE<br>Lowfat or Fat Free Milk |
| <b>April 28</b><br>CHICKEN & WAFFLES<br>OR<br>ASSORTED CEREAL<br>NUTRI GRAIN BARS<br>PINEAPPLE TIDBITS<br>100% JUICE<br>Lowfat or Fat Free Milk                  | <b>April 29</b><br>YOPLAIT YOGURT<br>GRAHAM CRACKERS<br>OR<br>ASSORTED CEREAL<br>GRAHAM CRACKERS<br>FRUIT COCKTAIL<br>100% JUICE<br>Low fat or Fat Free Milk    | <b>April 30</b><br>GRITS w/butter<br>BACON STRIPS<br>OR<br>ASSORTED CEREAL<br>NUTRI GRAIN BARS<br>ORANGE WEDGES<br>100% JUICE<br>Low fat or Fat Free Milk |  |   |

## Families Making the Connection

### Every Kid Healthy

Did you know that April 21-25 is Every Kid Healthy Week? Every Kid Healthy™ Week is an annual celebration of school health and wellness. It takes place during the last full week of April – each day shines a spotlight on the actions schools and families are taking to improve the health and wellness of their kids and teens.

Nutrition, physical activity, and mental health impact learning. Eating nutritious meals and snacks, getting enough sleep, having a support system and healthy strategies to manage stress, and moving more with walking, biking, dancing, playing sports, or other activities are all important. Healthy youth are better prepared to learn and thrive!

Everyone can take action during Every Kid Healthy™ Week and throughout the year. Learn more and find resources at [actionforhealthykids.org](https://www.actionforhealthykids.org).



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

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
|   | <b>April 1</b><br><br><b>NO SCHOOL<br/>SPRING BREAK</b>  | <b>April 2</b><br><br><b>NO SCHOOL<br/>SPRING BREAK</b>  | <b>April 3</b><br><br><b>NO SCHOOL<br/>SPRING BREAK</b>  | <b>April 4</b><br><br><b>NO SCHOOL<br/>SPRING BREAK</b>   |
| <b>April 7</b><br>CHICKEN SANDWICH<br>W/W HAMBURGER BUN<br>SWEET POTATOES<br>DICED PEACHES<br>Lowfat or Fat Free Milk                       | <b>April 8</b><br>BEEF TACOS w/ cheese,<br>salsa, lettuce<br>W/W FAJITAS<br>PINTO BEANS<br>FRUIT COCKTAIL<br>Lowfat or Fat Free Milk       | <b>April 9</b><br>FRIED CHICKEN<br>W/W DINNER ROLL<br>BROCCOLI & CHEESE<br>MASHED POTATOES<br>DICED PEARS<br>Lowfat or Fat Free Milk | <b>April 10</b><br>BEEF-A-RONI<br>YELLOW CORN<br>TROPICAL FRUIT MIX<br>Lowfat or Fat Free Milk   | <b>April 11</b><br>PIZZA(cheese/ pepperoni)<br>ROMAINE SALAD MIX<br>CUCUMBERS/TOMATOES<br>FRESH FRUIT<br>Lowfat or Fat Free Milk  |
| <b>April 14</b><br>BBQ MEATBALLS<br>W/W DINNER ROLL<br>MASHED POTATOES<br>PINEAPPLE TIDBITS<br>Lowfat or Fat Free Milk                      | <b>April 15</b><br>CHICKEN FAJITAS w/<br>cheese, salsa, lettuce<br>YELLOW CORN<br>FRUIT COCKTAIL<br>Lowfat or Fat Free Milk                | <b>April 16</b><br>FRIED CHICKEN<br>W/W DINNER ROLL<br>GREEN BEANS<br>DICED PEARS<br>Lowfat or Fat Free Milk                         | <b>April 17</b><br>PIZZA(cheese/ pepperoni)<br>BAKED CHIPS<br>FRESH FRUIT<br>Lowfat or Fat Free Milk   | <b>April 18</b><br><br><b>NO SCHOOL<br/>GOOD FRIDAY</b>   |
| <b>April 21</b><br><br><b>NO SCHOOL<br/>HOLIDAY</b>   | <b>April 22</b><br>TACO SALAD w/ nacho<br>cheese, lettuce<br>W/W TORTILLA CHIPS<br>YELLOW CORN<br>DICED PEACHES<br>Lowfat or Fat Free Milk | <b>April 23</b><br>CHICKEN ALFREDO<br>W/W ZITI NOODLES<br>STEAMED BROCCOLI<br>FRESH FRUIT<br>Lowfat or Fat Free Milk                 | <b>April 24</b><br>TURKEY & CHEESE<br>SANDWHICH w/ lettuce &<br>tomato<br>W/W BUN<br>BAKED CHIPS<br>FRESH CARROTS w/ranch<br>FRUIT COCKTAIL<br>Lowfat or Fat Free Milk | <b>April 25</b><br>PIZZA (cheese/ pepperoni)<br>ROMAINE SALAD MIX<br>CUCUMBERS/TOMATOES<br>FRESH FRUIT<br>Lowfat or Fat Free Milk |
| <b>April 28</b><br>HAMBURGERS w/ cheese,<br>lettuce, tomato<br>W/W HAMBURGER BUN<br>POTATO WEDGES<br>FRESH FRUIT<br>Lowfat or Fat Free Milk | <b>April 29</b><br>CHICKEN FAJITAS w/<br>cheese, salsa, lettuce<br>PINTO BEANS<br>PINEAPPLE TIDBITS<br>Lowfat or Fat Free Milk             | <b>April 30</b><br>CHICKEN NUGGETS<br>W/W DINNER ROLL<br>GLAZED CARROTS<br>DICED PEACHES<br>Lowfat or Fat Free Milk                  |  |   |

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Everyone can take action during Every Kid Healthy™ Week and throughout the year. Learn more and find resources at [actionforhealthykids.org](https://www.actionforhealthykids.org).

- Prepare and choose nutritious foods and beverages.
- Move more for fitness.
- Be kind to yourself and others.
- Serve as a role model for health and wellness.
- Learn about your local wellness policy for your school district and find ways you can get involved.
- Promote and support wellness for your school, family, and community.