



The College Preparatory & Leadership Academy Breakfast Menus for September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
September 1 NO SCHOOL LABOR DAY HOLIDAY	September 2 ASSORTED CEREAL APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	September 3 FIG BARS TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	September 4 ASSORTED CEREAL DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	September 5
September 8 ASSORTED CEREAL NUTRI GRAIN BAR APPLESAUCE 100% JUICE Low fat or Fat Free Milk	September 9 KELLOGG BARS MANDARIN ORANGES 100% JUICE Low fat or Fat Free Milk	September 10 YOPLAIT YOGURT DICED PEACHES 100% JUICE Low fat or Fat Free Milk	September 11 ASSORTED CEREAL NUTRI GRAIN BAR TROPICAL FRUIT MIX 100% JUICE Low fat or Fat Free Milk	September 12
September 15 ASSORTED CEREAL DICED PEACHES 100% JUICE Low fat or Fat Free Milk	September 16 DANIMALS YOGURT MANDARIN ORANGES 100% JUICE Low fat or Fat Free Milk	September 17 ASSORTED CEREAL NUTRI GRAIN BAR APPLESAUCE 100% JUICE Low fat or Fat Free Milk	September 18 BLUEBERRY MUFFINS TROPICAL FRUIT MIX 100% JUICE Low fat or Fat Free Milk	September 19
September 22 ASSORTED CEREAL NUTRI GRAIN BAR DICED PEARS 100% JUICE Low fat or Fat Free Milk	September 23 FIG BARS TROPICAL FRUIT MIX 100% JUICE Low fat or Fat Free Milk	September 24 YOPLAIT YOGURT DICED PEACHES 100% JUICE Low fat or Fat Free Milk	September 25 CHICKEN BISCUITS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	September 26
September 29 ASSORTED CEREAL DICED PEACHES 100% JUICE Lowfat or Fat Free Milk				

Families Making the Connection

Taste & Learn About Local Produce

North Carolina is fortunate to have a bounty of agricultural products. "Goodness Grows in North Carolina"! You can find locally grown food in grocery stores, roadside stands, and farmers markets as well as restaurants, schools, and early care and education sites across the state.

For National Fruits & Veggies Month in September and Farm to School and Early Care and Education Month in October, plan to participate in the N.C. Crunch, an opportunity to taste and learn about North Carolina grown fruits and veggies. Schools, early care and education centers, organizations, and

families can sign up and receive a free guide with tips, templates, and links to resources. Share photos on social media of you tasting and learning about N.C. produce using #NCCrunch. Learn more and sign up at <https://growing-minds.org/north-carolina-crunch>.

The N.C. Crunch is also an opportunity to recognize all those involved in feeding our youth and communities—farmers, distributors, school nutrition professionals, transportation professionals and more. Let's thank our dedicated #FarmtoSchoolHeroes across the state!



The College Preparatory & Leadership Academy Lunch Menus for September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
September 1 NO SCHOOL LABOR DAY HOLIDAY	September 2 PIZZA (cheese/pepperoni) ROMAINE SALAD MIX w/ TOMATOES/ CUCUMBERS FRESH FRUIT Lowfat or Fat Free Milk	September 3 FRIED CHICKEN W/G DINNER ROLL MASHED POTATOES BROCCOLI & CHEESE DICED PEARS Lowfat or Fat Free Milk	September 4 CHICKEN FILLET SANDWICH W/W HAMBURGER BUN SWEET POTATOES FRUIT COCKTAIL Lowfat or Fat Free Milk	September 5
September 8 PIZZA (cheese/pepperoni) ROMAINE SALAD MIX w/ TOMATOES/ CUCUMBERS FRESH FRUIT Lowfat or Fat Free Milk	September 9 CHICKEN FAJITAS w/ shred cheese/ lettuce/salsa W/W FAJITAS PINTO BEANS FRUIT COCKTAIL Lowfat or Fat Free Milk	September 10 SWEET & SOUR CHICKEN W/G SPRING ROLL WHITE RICE GLAZED CARROTS DICED PEACHES Lowfat or Fat Free Milk	September 11 BBQ MEATBALLS W/W DINNER ROLL GREEN BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	September 12
September 15 PIZZA (cheese/pepperoni) ROMAINE SALAD MIX w/ TOMATOES/ CUCUMBERS FRESH FRUIT Lowfat or Fat Free Milk	September 16 BEEF TACOS w/shred cheese/ lettuce/ taco sauce YELLOW CORN DICED PEACHES Lowfat or Fat Free Milk	September 17 CHICKEN NUGGETS W/W DINNER ROLL POTATO WEDGES FRUIT COCKTAIL Lowfat or Fat Free Milk	September 18 CHICKEN ALFREDO W/W ZITI NOODLES GLAZED CARROTS FRESH FRUIT Lowfat or Fat Free Milk	September 19
September 22 PIZZA (cheese/pepperoni) ROMAINE SALAD MIX w/ TOMATOES/ CUCUMBERS FRESH FRUIT Lowfat or Fat Free Milk	September 23 CHICKEN FAJITAS w/ shred cheese/ lettuce/salsa W/W FAJITAS PINTO BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	September 24 FRIED CHICKEN W/G DINNER ROLL SWEET POTATOES GREEN BEANS DICED PEARS Lowfat or Fat Free Milk	September 25 BAKED SPAGHETTI ROMAINE SALAD MIX TOMATOES/ CUCUMBERS FRESH FRUIT Lowfat or Fat Free Milk	September 26
September 29 PIZZA (cheese/pepperoni) ROMAINE SALAD MIX w/ TOMATOES/ CUCUMBERS FRESH FRUIT Lowfat or Fat Free Milk				

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