



The College Preparatory & Leadership Academy K-12 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				

Nutrition Byte

Taste & Learn About Local Produce

Did you know you can find North Carolina-grown products in grocery stores, farmers markets, roadside stands, and schools across the state? “Goodness Grows in North Carolina”!

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. The N.C. Crunch is an opportunity for youth and adults to taste and learn about North Carolina-grown fruits and veggies with their schools, early care and education centers, organizations, and

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

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 9-12 Lunch Menus for September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
September 1	September 2	September 3	September 4	September 5
NO SCHOOL LABOR DAY HOLIDAY	PIZZA (cheese/pepperoni) ROMAINE SALAD MIX w/ TOMATOES/ CUCUMBERS FRESH FRUIT PINEAPPLE TIDBITS Lowfat or Fat Free Milk	FRIED CHICKEN W/G DINNER ROLL MASHED POTATOES BROCCOLI & CHEESE DICED PEARS TROPICAL FRUIT Lowfat or Fat Free Milk	CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN SWEET POTATOES GREEN BEANS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	
September 8	September 9	September 10	September 11	September 12
PIZZA (cheese/pepperoni) ROMAINE SALAD MIX w/ TOMATOES/ CUCUMBERS FRESH FRUIT Lowfat or Fat Free Milk	CHICKEN FAJITAS w/ shred cheese/ lettuce/salsa W/W FAJITAS PINTO BEANS YELLOW CORN FRUIT COCKTAIL DICED PEARS Lowfat or Fat Free Milk	SWEET & SOUR CHICKEN W/G SPRING ROLL WHITE RICE GLAZED CARROTS DICED PEACHES TROPICAL FRUIT Lowfat or Fat Free Milk	BBQ MEATBALLS W/W DINNER ROLL GREEN BEANS SWEET POTATOES w/marshmallows PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	
September 15	September 16	September 17	September 18	September 19
PIZZA (cheese/pepperoni) ROMAINE SALAD MIX w/ TOMATOES/ CUCUMBERS FRESH FRUIT Lowfat or Fat Free Milk	BEEF TACOS w/shred cheese/ lettuce/ taco sauce YELLOW CORN BLACK EYED PEAS DICED PEACHES DICED PEARS Lowfat or Fat Free Milk	CHICKEN NUGGETS W/W DINNER ROLL POTATO WEDGES TURNIP GREENS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	CHICKEN ALFREDO W/W ZITI NOODLES GLAZED CARROTS GREEN BEANS FRESH FRUIT Lowfat or Fat Free Milk	
September 22	September 23	September 24	September 25	September 26
PIZZA (cheese/pepperoni) ROMAINE SALAD MIX w/ TOMATOES/ CUCUMBERS FRESH FRUIT Lowfat or Fat Free Milk	CHICKEN FAJITAS w/ shred cheese/ lettuce/ pico de gallo W/W FAJITAS PINTO BEANS YELLOW RICE PINEAPPLE TIDBITS Lowfat or Fat Free Milk	FRIED CHICKEN W/G DINNER ROLL SWEET POTATOES GREEN BEANS DICED PEARS FRUIT COCKTAIL Lowfat or Fat Free Milk	BAKED SPAGHETTI ROMAINE SALAD MIX TOMATOES/ CUCUMBERS YELLOW CORN FRESH FRUIT Lowfat or Fat Free Milk	
September 29				
PIZZA (cheese/pepperoni) ROMAINE SALAD MIX w/ TOMATOES/ CUCUMBERS FRESH FRUIT Lowfat or Fat Free Milk				

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