



## The College Preparatory & Leadership K-12 Breakfast Menus for March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 2</b> ASSORTED CEREAL NUTRI GRAIN BARS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	<b>March 3</b> BLUEBERRY MUFFINS TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	<b>March 4</b> ASSORTED CEREAL GRAHAM CRACKERS DICED PEARS 100% JUICE Lowfat or Fat Free Milk	<b>March 5</b> POPTARTS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	<b>March 6</b>
<b>March 9</b> DANISHES DICED PEARS 100% JUICE Lowfat or Fat Free Milk	<b>March 10</b> ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	<b>March 11</b> APPLE CINNAMON MUFFINS TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	<b>March 12</b> DANIMALS SCOOPY SNACKS MANDARIN ORANGES 100% JUICE Lowfat or Fat Free Milk	<b>March 13</b>
<b>March 16</b> ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	<b>March 17</b> POPTARTS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	<b>March 18</b> ASSORTED CEREAL NUTRI GRAIN BARS TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	<b>March 19</b> SUPERDOUGHNUTS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	<b>March 20</b>
<b>March 23</b> DANIMALS SCOOPY SNACKS MANDARIN ORANGES 100% JUICE Low fat or Fat Free Milk	<b>March 24</b> ASSORTED CEREAL NUTRI GRAIN BARS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	<b>March 25</b> BLUEBERRY MUFFINS TROPICAL FRUIT MIX 100% JUICE Low fat or Fat Free Milk	<b>March 26</b> ASSORTED CEREAL NUTRI GRAIN BARS DICED PEARS 100% JUICE Low fat or Fat Free Milk	<b>March 27</b>
<b>March 30</b> ASSORTED CEREAL GRAHAM CRACKERS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	<b>March 31</b> DANISHES DICED PEACHES 100% JUICE Lowfat or Fat Free Milk			

### Nutrition Byte

#### Quest for School Breakfast!

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...

- Strengthens the brain.
- Helps establish healthy eating habits.
- Offers an opportunity to try new foods.
- Improves mood and behavior.
- Gives you energy.
- Keeps you healthy.

With all these benefits, why wouldn't you eat breakfast?

Try school breakfast. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and lowfat or fat free milk. All students can participate.

March 2-6 is National School Breakfast Week (NSBW). The #NSBW2026 theme is "Quest for School Breakfast". It reminds everyone how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn.

**Nutrilink:** For NSBW info and resources, visit [www.schoolnutrition.org](http://www.schoolnutrition.org). For more info on school breakfast in our state, visit <https://go.ncdpi.gov/ncschoolmeals>.



## The College Preparatory & Leadership 9-12 Lunch Menus for March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 2</b> CHICKEN NUGGETS W/W DINNER ROLL GREEN BEANS YELLOW CORN APPLESAUCE Lowfat or Fat Free Milk	<b>March 3</b> SLOPPY JOE W/W HAMBURGER BUN YELLOW CORN PINTO BEANS TROPICAL FRUIT MIX Lowfat or Fat Free Milk	<b>March 4</b> CHICKEN FAJITAS W/ FAJITAS, lettuce, cheese PINTO BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	<b>March 5</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCMBERS/ TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	<b>March 6</b>
<b>March 9</b> BEEF-A-RONI ROMAINE SALAD w/ CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	<b>March 10</b> BEEF TACOS w/shredded lettuce YELLOW CORN PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	<b>March 11</b> CHICKEN FILLET W/W DINNER ROLL GREEN BEANS SWEET POTATOES TROPICAL FRUIT COCKTAIL Lowfat or Fat Free Milk	<b>March 12</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCMBERS/ TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	<b>March 13</b>
<b>March 16</b> MEATBALLS & GRAVY W/W DINNER ROLL STEAMED RICE TURNIP GREENS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	<b>March 17</b> FRIED CHICKEN LEGS W/W DINNER ROLL MASH POTATOES GREEN BEANS DICED PEARS TROPICAL FRUIT Lowfat or Fat Free Milk	<b>March 18</b> CHICKEN FAJITAS W/ FAJITAS, lettuce, cheese YELLOW CORN PINEAPPLE TIDBITS Lowfat or Fat Free Milk	<b>March 19</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCMBERS/ TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	<b>March 20</b>
<b>March 23</b> SWEET & SOUR CHICKEN Duck & soy sauce W/G EGG ROLL STEAMED RICE DICED PEARS Lowfat or Fat Free Milk	<b>March 24</b> WALKING TACOS w/nacho cheese, lettuce YELLOW CORN PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	<b>March 25</b> CHICKEN NUGGETS W/W/ DINNER ROLL GREEN BEANS MASHED POTATOES APPLESAUCE Lowfat or Fat Free Milk	<b>March 26</b> PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD MIX CUCMBERS/ TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	<b>March 27</b>
<b>March 30</b> CHICKEN FILLET W/W HAMBURGER BUN SWEET POTATOES FRESH FRUIT 100% JUICE Lowfat or Fat Free Milk	<b>March 31</b> TACO SALAD w/nacho cheese TORTILLA CHIPS, lettuce, shred cheese PINTO BEANS FRESH FRUIT Lowfat or Fat Free Milk			

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