



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

Monday	Tuesday	Wednesday	Thursday	Friday
November 3 ASSORTED CEREAL APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	November 4 BLUEBERRY MUFFINS TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	November 5 ASSORTED CEREAL NUTRI GRAN BARS DICED PEARS 100% JUICE Lowfat or Fat Free Milk	November 6 DANIMALS YOGURT GRAHAM CRACKERS PINEAPPLE TIDBITS 100% JUICE Lowfat or Fat Free Milk	November 7
November 10 ASSORTED CEREAL DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	November 11 VETERANS DAY NO SCHOOL	November 12 POPTART DICED PEARS 100% JUICE Lowfat or Fat Free Milk	November 13 ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	November 14
November 17 ASSORTED CEREAL MANDARIN ORANGES 100% JUICE Lowfat or Fat Free Milk	November 18 SUPER DOUGHNUT APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	November 19 DANIMALS YOGURT GRAHAM CRACKERS DICED PEARS 100% JUICE Lowfat or Fat Free Milk	November 20 ASSORTED CEREAL NUTRI GRAIN BARS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	November 21
November 24 APPLE CINNAMON MUFFINS TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	November 25 ASSORTED CEREAL MANDARIN ORANGES 100% JUICE Lowfat or Fat Free Milk	November 26 THANKSGIVING NO SCHOOL	November 27 THANKSGIVING NO SCHOOL	November 28

Nutrition Byte

Celebrate #NCFarmers from the Mountains to the Sea!

In 2023, the North Carolina General Assembly established the second Thursday in November as N.C. Farmer Appreciation Day as an opportunity to thank all our farmers and farm families. The inaugural event is November 6, 2025.

North Carolina is rich in agriculture from the mountains to the sea. The farmers that produce food, fiber, and fuel in our state do so with heart and pride. Learn more and find resources to celebrate our farmers and all they produce at <https://www.ncfarmerappreciation.com>. Recognize and thank #NCFarmers on social media using #NCFarmersAppreciationDay and #MountaintoSea. Tag @NCFarmersAppreciationDay.

Did you know?

- Agriculture is North Carolina's #1 industry with an economic impact of over \$100 billion dollars annually.
- There are 74,062 farmers and 46,000 farms in the state. 1,827 are centennial farms and 27 are bicentennial.
- N.C. ranks 3rd for agriculture diversity and is a top producer of sweetpotatoes, cucumbers, eggs, poultry, pork, and more.
- Most North Carolina schools participate in farm to school activities and serve locally grown foods in school meals.

Nutrilink: Learn more at <https://www.ncfb.org/ag-in-the-classroom>, <https://gottobenc.com>, and <https://ncfarmtoschool.com>.



The College Preparatory & Leadership Academy 9-12 Lunch Menus for November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
November 3 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD CUCUMBERS/TOMATOES FRESH FRUIT PINEAPPLE TIDBITS Lowfat or Fat Free Milk	November 4 "WALKING TACOS" w/ nacho cheese, lettuce, salsa YELLOW CORN DICED PEACHES DICED PEARS Lowfat or Fat Free Milk	November 5 FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES BROCCOLI & CHEESE PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	November 6 CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN SWEET POTATOES TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	November 7
November 10 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	November 11 VETERANS DAY NO SCHOOL	November 12 CHICKEN FAJITAS w/lettuce W/W FAJITAS PINTO BEANS YELLOW CORN TROPICAL FRUIT MIX DICED PEARS Lowfat or Fat Free Milk	November 13 BBQ MEATBALLS W/W DINNER ROLL GREEN BEANS MASHED POTATOES PINEAPPLE TIDBITS APPLESAUCE Lowfat or Fat Free Milk	November 14
November 17 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	November 18 TACO SALAD w/nacho cheese, lettuce. Taco sauce W/W TORTILLA CHIPS PINTO BEANS YELLOW CORN PINEAPPLE TIDBITS Lowfat or Fat Free Milk	November 19 SWEET & SOUR CHICKEN W/G SPRING ROLL YELLOW RICE GLAZED CARROTS DICED PEACHES FRESH FRUIT Lowfat or Fat Free Milk	November 20 CHICKEN NUGGETS W/W DINNER ROLL POTATOE WEDGES TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	November 21
November 24 PIZZA (CHEESE/PEPPERONI) ROMAINE SALAD CUCUMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	November 25 OVEN ROASTED TURKEY w/gravy TURKEY STUFFING WHITE RICE GREEN BEANS PINEAPPLE TIDBITS Lowfat or Fat Free Milk	November 26 THANKSGIVING NO SCHOOL	November 27 THANKSGIVING NO SCHOOL	November 28

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