



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

Monday	Tuesday	Wednesday	Thursday	Friday
		October 1 ASSORTED CEREAL APPLESAUCE 100% JUICE Low fat or Fat Free Milk	October 2 ASSORTED CEREAL TROPICAL FRUIT MIX 100% JUICE Low fat or Fat Free Milk	October 3
October 6 ASSORTED CEREAL APPLESAUCE 100% JUICE Low fat or Fat Free Milk	October 7 BLUEBERRY MUFFINS TROPICAL FRUIT MIX 100% JUICE Low fat or Fat Free Milk	October 8 ASSORTED CEREAL NUTRI GRAIN BAR DICED PEARS 100% JUICE Low fat or Fat Free Milk	October 9 NO SCHOOL FALL BREAK	October 10
October 13 NO SCHOOL FALL BREAK	October 14 ASSORTED CEREAL DICED PEACHES 100% JUICE Low fat or Fat Free Milk	October 15 DANIMALS YOGURT MANDARIN ORANGES 100% JUICE Low fat or Fat Free Milk	October 16 ASSORTED CEREAL NUTRI GRAIN BAR DICED PEARS 100% JUICE Low fat or Fat Free Milk	October 17
October 20 ASSORTED CEREAL DICED PEACHES 100% JUICE Low fat or Fat Free Milk	October 21 SUPER DOUGHNUT APPLESAUCE 100% JUICE Low fat or Fat Free Milk	October 22 ASSORTED CEREAL NUTRI GRAIN BAR DICED PEARS 100% JUICE Low fat or Fat Free Milk	October 23 POPTART PINEAPPLE TIDBITS 100% JUICE Low fat or Fat Free Milk	October 24
October 27 ASSORTED CEREAL TROPICAL FRUIT MIX 100% JUICE Low fat or Fat Free Milk	October 28 APPLE CINNAMON MUFFINS DICED PEACHES 100% JUICE Low fat or Fat Free Milk	October 29 ASSORTED CEREAL APPLESAUCE 100% JUICE Low fat or Fat Free Milk	October 30 DANIMALS YOGURT MANDARIN ORANGES 100% JUICE Low fat or Fat Free Milk	October 31

Nutrition Byte

Taste the World with School Lunch

Did you know October 13-17 is National School Lunch Week? The #NSLW2025 theme is "Taste the World with School Lunch". Students can explore a world of flavors and foods and be ready for their next adventure by eating school lunch. School meals help students succeed in and out of the classroom.

School lunch offers students choices of whole grains, fruits, vegetables, lean proteins, and milk to fuel their day. Students who eat school meals have more focus in class and better test scores.

During NSLW, School Nutrition professionals, school staff and students will find ways to celebrate with their schools and districts through special menus, events, activities, and more. The 2025 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs.

For #NSLW2025 and all month, let's recognize our amazing, dedicated #NCSchoolNutritionHeroes for providing appealing, nutritious meals with a kind word, thank you note, social media post, etc. **Nutrilink:** For more info about school meals and NSLW, go to www.schoolnutrition.org.



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

Monday	Tuesday	Wednesday	Thursday	Friday
		October 1 FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES BROCCOLI & CHEESE DICED PEARS TROPICAL FRUIT MIX Low fat or Fat Free Milk	October 2 CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN SWEET POTATOES FRUIT COCKTAIL 100% JUICE Low fat or Fat Free Milk	October 3
October 6 PIZZA (Pepperoni/Cheese) ROMAINE SALD MIX CUCUMBERS & TOMATO FRESH FRUIT Low fat or Fat Free Milk	October 7 CHICKEN FAJITAS w/shred cheese/ lettuce/taco sauce W/W FAJITA WRAP PINTO BEANS YELLOW CORN FRUIT COCKTAIL DICED PEARS Low fat or Fat Free Milk	October 8 BBQ MEATBALLS W/W DINNER ROLL GREEN BEANS MASHED POTATOES PINEAPPLE TIDBITS FRESH ORANGE Low fat or Fat Free Milk	October 9 NO SCHOOL FALL BREAK	October 10
October 13 NO SCHOOL FALL BREAK	October 14 PIZZA (Pepperoni/Cheese) ROMAINE SALD MIX CUCUMBERS & TOMATO FRESH FRUIT Low fat or Fat Free Milk	October 15 WALKING TACOS w/shred cheese, lettuce YELLOW CORN DICED PEACHES DICED PEARS Low fat or Fat Free Milk	October 16 CHICKEN NUGGETS W/W DINNER ROLL POTATO WEDGES FRUIT COCKTAIL 100% JUICE Low fat or Fat Free Milk	October 17
October 20 PIZZA (Pepperoni/Cheese) ROMAINE SALD MIX CUCUMBERS & TOMATO FRESH FRUIT Low fat or Fat Free Milk	October 21 CHICKEN FAJITAS w/shred cheese/ lettuce/taco sauce W/W FAJITA WRAP PINTO BEANS PINEAPPLE TIDBITS DICED PEACHES Low fat or Fat Free Milk	October 22 FRIED CHICKEN W/W DINNER ROLL SWEET POTATOES GREEN BEANS DICED PEARS DICED PEACHES Low fat or Fat Free Milk	October 23 BAKED SPAGHETTI ROMAINE SALAD CUCUMBERS/TOMTATOES FRESH FRUIT Low fat or Fat Free Milk	October 24
October 27 PIZZA (Pepperoni/Cheese) ROMAINE SALD MIX CUCUMBERS & TOMATO FRESH FRUIT PINEAPPLE TIDBITS Low fat or Fat Free Milk	October 28 TACO SALAD w/nacho cheese/ lettuce/ pico de gallo W/W TORTILLA CHIPS PINTO BEANS YELLOW CORN FRESH FRUIT DICED PEACHES Low fat or Fat Free Milk	October 29 FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES BROCCOLI & CHEESE DICED PEARS FRUIT COCKTAIL Low fat or Fat Free Milk	October 30 CHICKEN FILLET SANDWHICH W/W HAMBURGER BUN SWEET POTATOES FRUIT COCKTAIL 100% JUICE Low fat or Fat Free Milk	October 31

Nutrition Byte

Taste the World with School Lunch

Did you know October 13-17 is National School Lunch Week? The #NSLW2025 theme is "Taste the World with School Lunch". Students can explore a world of flavors and foods and be ready for their next adventure by eating school lunch. School meals help students succeed in and out of the classroom.

School lunch offers students choices of whole grains, fruits, vegetables, lean proteins, and milk to fuel their day. Students who eat school meals have more focus in class and better test scores.

During NSLW, School Nutrition professionals, school staff and students will find ways to celebrate with their schools and districts through special menus, events, activities, and more. The 2025 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs.

For #NSLW2025 and all month, let's recognize our amazing, dedicated #NCSchoolNutritionHeroes for providing appealing, nutritious meals with a kind word, thank you note, social media post, etc. **Nutrilink:** For more info about school meals and NSLW, go to www.schoolnutrition.org.