



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

Monday	Tuesday	Wednesday	Thursday	Friday
			October 1 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	October 2
October 5 ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL MIX 100% JUICE Lowfat or Fat Free Milk	October 6 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	October 7 ASSORTED DANISHES DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	October 8 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	October 9
October 12 NO SCHOOL	October 13 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	October 14 APPLE CINNAMON MUFFINS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	October 15 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	October 16
October 19 ASSORTED CEREAL GRAHAM CRACKERS TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	October 20 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	October 21 POPTARTS DICED PEARS 100% JUICE Lowfat or Fat Free Milk	October 22 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	October 23
October 26 ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL MIX 100% JUICE Lowfat or Fat Free Milk	October 27 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	October 28 YOGURT GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	October 29 NO SCHOOL FALL BREAK	October 30

Nutrition Byte

Step Right Up for School Lunch!

Step right up to celebrate National School Lunch Week October 12-16! The #NSLW2026 theme is “Cafeteria Circus”, which offers an opportunity to both highlight how nutrition should take center stage for students and recognize our talented School Nutrition professionals who keep the show going each day with school lunch. Students can explore a world of flavors and foods under the big top in their school café to help them 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 2026 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs.

For #NSLW2026 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](https://go.ncdpi.gov/ncschoolmeals).



The College Preparatory & Leadership 9-12th Lunch Menus for October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			October 1 HAMBURGERS w/ cheese W/W HAMBURGER BUN Lettuce/tomatoes BAKED BEANS FRUIT COCKTAIL Lowfat or Fat Free Milk	October 2
October 5 PIZZA (CHEESE/PEPEPRONI) ROMAINE SALAD w/ ranch CUCMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	October 6 TACO SALAD w/w TORTILLA CHIPS shredded lettuce YELLOW CORN PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	October 7 FRIED CHICKEN W/W DINNER ROLLS MASHED POTATOES GREEN BEANS DICED PEARS FRESH FRUIT Lowfat or Fat Free Milk	October 8 SPAGHETTI w/ meat sauce TOSSED SALAD Cucumbers/tomatoes/carrots DICED PEACHES 100% JUICE FRESH FRUIT Lowfat or Fat Free Milk	October 9
October 12 NO SCHOOL	October 13 PIZZA (CHEESE/PEPEPRONI) ROMAINE SALAD w/ ranch CUCMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	October 14 FRIED CHICKEN W/W DINNER ROLLS STEAMED RICE GREEN BEANS DICED PEARS FRESH FRUIT Lowfat or Fat Free Milk	October 15 SPAGHETTI w/ meat sauce TOSSED SALAD Cucumbers/tomatoes/carrots DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	October 16
October 19 PIZZA (CHEESE/PEPEPRONI) ROMAINE SALAD w/ ranch CUCMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	October 20 TACO SALAD w/w TORTILLA CHIPS shredded lettuce YELLOW CORN PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	October 21 FRIED CHICKEN W/W DINNER ROLLS MASHED POTATOES GREEN BEANS DICED PEARS FRESH FRUIT Lowfat or Fat Free Milk	October 22 SPAGHETTI w/ meat sauce TOSSED SALAD Cucumbers/tomatoes/carrots DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	October 23
October 26 PIZZA (CHEESE/PEPEPRONI) ROMAINE SALAD w/ ranch CUCMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	October 27 WALKING TACOS w/ nacho cheese/shred lettuce YELLOW CORN PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	October 28 FRIED CHICKEN W/W DINNER ROLLS STEAMED RICE GREEN BEANS DICED PEARS FRESH FRUIT Lowfat or Fat Free Milk	October 29 NO SCHOOL FALL BREAK	October 30

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