



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

Monday	Tuesday	Wednesday	Thursday	Friday
	September 1 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	September 2 YOGURT GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	September 3 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	September 4
September 7 NO SCHOOL LABOR DAY HOLIDAY	September 8 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	September 9 ASSORTED CEREAL GRAHAM CRACKERS TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	September 10 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	September 11
September 14 ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL MIX 100% JUICE Lowfat or Fat Free Milk	September 15 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	September 16 APPLE CINNAMON MUFFINS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	September 17 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	September 18
September 21 ASSORTED CEREAL GRAHAM CRACKERS TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	September 22 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	September 23 POPARTS DICED PEARS 100% JUICE Lowfat or Fat Free Milk	September 24 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	September 25
September 28 ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL MIX 100% JUICE Lowfat or Fat Free Milk	September 29 GRITS w/ butter BACON STRIPS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk	September 30 SUPER-DOUGNUT MANDARIN ORANGES 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 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 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	September 1 WALKING TACOS w/ nacho cheese/shred lettuce YELLOW CORN PINEAPPLE TIDBITS Lowfat or Fat Free Milk	September 2 FRIED CHICKEN W/W DINNER ROLLS STEAMED RICE GREEN BEANS DICED PEARS Lowfat or Fat Free Milk	September 3 SPAGHETTI w/ meat sauce TOSSED SALAD Cucumbers/tomatoes/carrots DICED PEACHES Lowfat or Fat Free Milk	September 4
September 7 NO SCHOOL LABOR DAY HOLIDAY	September 8 TACO SALAD w/w TORTILLA CHIPS shredded lettuce YELLOW CORN PINEAPPLE TIDBITS Lowfat or Fat Free Milk	September 9 FRIED CHICKEN W/W DINNER ROLLS MASHED POTATOES GREEN BEANS DICED PEARS Lowfat or Fat Free Milk	September 10 HAMBURGERS w/ cheese W/W HAMBURGER BUN Lettuce/tomatoes BAKED BEANS FRUIT COCKTAIL Lowfat or Fat Free Milk	September 11
September 14 PIZZA (CHEESE/PEPEPRONI) ROMAINE SALAD w/ ranch CUCMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	September 15 WALKING TACOS w/ nacho cheese/shred lettuce YELLOW CORN PINEAPPLE TIDBITS Lowfat or Fat Free Milk	September 16 FRIED CHICKEN W/W DINNER ROLLS STEAMED RICE GREEN BEANS DICED PEARS Lowfat or Fat Free Milk	September 17 SPAGHETTI w/ meat sauce TOSSED SALAD Cucumbers/tomatoes/carrots DICED PEACHES 100% JUICE Lowfat or Fat Free Milk k	September 18
September 21 PIZZA (CHEESE/PEPEPRONI) ROMAINE SALAD w/ ranch CUCMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	September 22 TACO SALAD w/w TORTILLA CHIPS shredded lettuce YELLOW CORN PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	September 23 FRIED CHICKEN W/W DINNER ROLLS STEAMED RICE GREEN BEANS DICED PEARS FRESH FRUIT Lowfat or Fat Free Milk	September 24 SWEET & SOUR CHICKEN WHITE RICE STEAMED CARROTS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	September 25
September 28 PIZZA (CHEESE/PEPEPRONI) ROMAINE SALAD w/ ranch CUCMBERS/TOMATOES FRESH FRUIT Lowfat or Fat Free Milk	September 29 WALKING TACOS w/ nacho cheese/shred lettuce YELLOW CORN PINEAPPLE TIDBITS FRESH FRUIT Lowfat or Fat Free Milk	September 30 FRIED CHICKEN W/W DINNER ROLLS STEAMED RICE GREEN BEANS DICED PEARS FRESH FRUIT Lowfat or Fat Free Milk		

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