

Families Making the Connection

“School Lunch Snapshot” Showcases How School Lunch Has Changed




Schools in North Carolina and across the country will celebrate National School Lunch Week (NSLW) October 12-16, 2015. The theme, “School Lunch Snapshot,” is all about sharing the best images of school lunch. Schools can celebrate in a variety of creative ways. Follow the campaign on social media: #NSLW, @SchoolLunch and www.facebook.com/TrayTalk.

Ninety-five percent of schools offer the National School Lunch Program (NSLP) serving 30+ million students each day. National School Lunch Week will emphasize the healthy foods offered at schools daily. Many school districts are featuring healthier options, more fruits and vegetables, and chef-inspired recipes. More schools are also serving locally-sourced produce, grains, milk, eggs, meat, poultry and seafood. A healthy lunch gives students the fuel they need to succeed in school.

School meals are a healthy, convenient choice for students and families. Based on new standards, school meals offer more fruits, vegetables, legumes, whole grains, low fat or fat free milk and less sodium and fat in right-size portions for students.

Find NSLW info at www.schoolnutrition.org.

The College Preparatory & Leadership Academy K-8th Breakfast Menu

			Thursday, October 1	Friday, October 2	
			 	W/G DANISHES 100 % JUICE (4OZ) LOW FAT OR SKIM MILK	FROOT LOOPS W/G NUTRI-GRAIN BARS FRESH FRUIT LOW FAT OR SKIM MILK
Monday, October 5	Tuesday, October 6	Wednesday, October 7	Thursday, October 8	Friday, October 9	
FROSTED FLAKES W/G GRAHAM CRACKERS FRESH FRUIT LOW FAT OR SKIM MILK	W/G DANISHES 100 % JUICE (4OZ) LOW FAT OR SKIM MILK	APPLE JACKS W/G GOLDFISH (VANILLA) FRESH FRUIT LOW FAT OR SKIM MILK	W/G POP TARTS (ASSORTED) 100 % JUICE (4OZ) LOW FAT OR SKIM MILK	LUCKY CHARMS W/G GOLDFISH (CINNAMON) FRESH FRUIT LOW FAT OR SKIM MILK	
Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16	
NO SCHOOL (FALL BREAK)					
Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23	
W/G PANCAKES W/SYRUP & SAUSAGE LINKS FRESH FRUIT (ORANGES) LOW FAT OR SKIM MILK	W/G BLUEBERRY MUFFINS 100 % JUICE (4OZ) LOW FAT OR SKIM MILK	FROSTED FLAKES W/G GRAHAM CRACKERS FRESH FRUIT LOW FAT OR SKIM MILK	W/G DANISHES 100 % JUICE (4OZ) LOW FAT OR SKIM MILK	APPLE JACKS W/G GOLDFISH (CINNAMON) FRESH FRUIT LOW FAT OR SKIM MILK	
Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29	Friday, October 30	
W/G BLUEBERRY MUFFINS APPLESAUCE LOW FAT OR SKIM MILK	W/G POP TARTS (ASSORTED) 100 % JUICE (4OZ) LOW FAT OR SKIM MILK	APPLE JACKS W/G GRAHAM BUG BITES FRESH FRUIT LOW FAT OR SKIM MILK	W/G DANISHES 100% JUICE (4 OZ) LOW FAT OR SKIM MILK	FROOT LOOPS W/G NUTRI-GRAIN BARS FRESH FRUIT LOW FAT OR SKIM MILK	

October

- National Apple Month
- National Farm to School Month
- National Food Day (October 24)
- National School Lunch Week (October 12-16)



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