

**Leadership Preparatory Academy
Lower School/Upper School Lunch Menu
December 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
3-Dec	4-Dec	5-Dec	6-Dec	7-Dec
Chicken Nuggets/Sauce	Lemon Pepper Drums	Salisbury Steak	Hamburgers	Turkey Meatloaf
Baked Potato Wedges	Yellow Spanish Rice	Sweet Potatoes Soufflé	Green Beans	Baked Butternut Squash
Carrot and Celery Sticks	Broccoli	Turnip Greens	Baked Beans	Green Beans
Fresh Fruit Milk Choice	Fresh Fruit Milk Choice	Fresh Fruit Milk Choice	Fresh Fruit Milk Choice	Fresh Fruit Milk Choice
10-Dec	11-Dec	12-Dec	13-Dec	14-Dec
Beefaroni	Hot Dogs	Teriyaki Drumsticks	Baked Spaghetti and Meat Sauce	Hot wings
Glazed Steamed Carrots	Corn on the cob	Polynesian Rice	Green Beans	Corn
Green Peas	Leafy Green Salad	Cabbage	Baked Butternut Squash	Leafy Green Salad
Fresh Fruit Milk Choice	Fresh Fruit Milk choice	Fresh Fruit Milk Choice	Fresh Fruit Milk Choice	Fresh Fruit Milk Choice
17-Dec	18-Dec	19-Dec	20-Dec	21-Dec
Sloppy Joe	Hamburgers	Chicken Tenders	Pulled BBQ Chix/Bun	Turkey and Dressing
Sweet Potato Fries	Corn on the cob	Mac and Cheese	Baked Beans	Sweet Potatoes Soufflé
Leafy Green Salad	Green Beans	Glazed Steamed Carrots	Leafy Green Salad	Turnip Greens
Fresh Fruit Milk Choice	Fresh Fruit Milk Choice	Fresh Fruit Milk Choice	Fresh Fruit Milk Choice	Fresh Fruit Milk Choice

Beverage Choices Available Daily: 1% Chocolate or Strawberry, Fat Free or Unflavored Milk, 100% Fruit Juice & Water.

2018-2019 Meal Prices

Full Paid Breakfast	\$1.50
Reduced Breakfast	\$0.30
Full Paid Lunch	\$3.50
Reduced Lunch	\$0.40
Adult Breakfast	\$1.90
Adult Lunch	\$3.75
Milk	\$0.50



Grapes

Grapes contain powerful antioxidants known as **polyphenols**, which may slow or prevent many types of cancer, including esophageal, lung, mouth, pharynx, endometrial, pancreatic, prostate and colon. The resveratrol found in red wine famous for heart health is a type of **polyphenol** found in the skins of red grapes.

Visit [SchoolCafe](#) to apply for Free/Reduced Breakfast and Lunch.

Visit [Schoolpaymentportal.com](#) to manage your scholar's lunch account.