

Leadership Preparatory Academy
Lower School/Upper School Breakfast Menu
August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
30-Jul	31-Jul	1-Aug	2-Aug	3-Aug
Fruit	Fruit	Fruit	Fruit	Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Milk Choice	Milk Choice	Milk Choice	Milk Choice	Milk Choice
Blueberry Muffin	Breakfast Bowl	NutriGrain Bar	Sausage Biscuit	Muffin
Whole grain Cereal	Grits/Sausage/Eggs	String cheese		Cheese Strings
6-Aug	7-Aug	8-Aug	9-Aug	10-Aug
Fruit	Fruit	Fruit	Fruit	Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Milk Choice	Milk Choice	Milk Choice	Milk Choice	Milk Choice
Whole Grain Cereal	Breakfast Bowl	String cheese	French Toast and Syrup	Cinnamon Toast Breakfast Bar
Muffin	Grits Sausage and Eggs	NutriGrain Bar	Sausage	Yogurt Cup
13-Aug	14-Aug	15-Aug	16-Aug	17-Aug
Fruit	Fruit	Fruit	Fruit	Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Milk Choice	Milk Choice	Milk Choice	Milk Choice	Milk Choice
Whole Grain Cereal	Breakfast Bowl	NutriGrain Bar	Sausage Biscuit	Whole Grain Cereal
Muffin	Grits/Sausage/Eggs	String cheese		Strawberry Yogurt Cup
20-Aug	21-Aug	22-Aug	23-Aug	24-Aug
Fruit	Fruit	Fruit	Fruit	Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Milk Choice	Milk Choice	Milk Choice	Milk Choice	Milk Choice
Whole Grain Cereal	Breakfast Bowl	String Cheese	French Toast and Syrup	Cinamon Toast Breakfast Bar
Muffin	Grits Sausage and Eggs	NutriGrain Bar	Sausage	Yogurt Cup
27-Aug	28-Aug	29-Aug	30-Aug	31-Aug
Fruit	Fruit	Fruit	Fruit	Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Milk Choice	Milk Choice	Milk Choice	Milk Choice	Milk Choice
Blueberry Muffin	Breakfast Bowl	String Cheese	Sausage Biscuit	Muffin
Whole grain Cereal	Grits/Sausage/Eggs	NutriGrain Bar		Cheese Strings



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.

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

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

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