

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

Monday	Tuesday	Wednesday	Thursday	Friday
3-Dec	4-Dec	5-Dec	6-Dec	7-Dec
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	Sausage biscuit	NutriGrain Bar	Chicken biscuit	Muffin
Whole grain Cereal				Yogurt
10-Dec	11-Dec	12-Dec	13-Dec	14-Dec
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	English muffin, sausage	NutriGrain Bar	Pancake and sausage	Whole grain Cereal
Muffin	and Eggs	Yogurt Cup	on a stick	Yogurt Cup
17-Dec	18-Dec	19-Dec	20-Dec	21-Dec
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	Chicken biscuit	NutriGrain Bar	Pancake and sausage	Whole Grain Cereal
Muffin			on a stick	Yogurt Cup



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.