

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1-Nov	2-Nov
			Fruit	Fruit
			100% Fruit Juice	100% Fruit Juice
			Milk Choice	Milk Choice
			Chicken Biscuit	Muffin Yogurt Cup
5-Nov	6-Nov	7-Nov	8-Nov	9-Nov
Fruit	No School	Fruit	Fruit	Fruit
100% Fruit Juice		100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Milk Choice		Milk Choice	Milk Choice	Milk Choice
Whole Grain Cereal		Yogurt Cup	Pancake/sausage wrap	Whole Grain Cereal
Muffin		NutriGrain Bar		Muffin
12-Nov	13-Nov	14-Nov	15-Nov	16-Nov
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	NutriGrain Bar	Chicken biscuit	Whole Grain Cereal
Muffin	With eggs	Yogurt Cup		Muffin
19-Nov	20-Nov	21-Nov	22-Nov	23-Nov
No School	No School	No School	No School	No School
26-Nov	27-Nov	28-Nov	29-Nov	30-Nov
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	Pancake/sausage wrap	Yogurt Cup	English muffin	Blueberry Muffin
Whole grain Cereal		NutriGrain Bar	With eggs	Whole grain Cereal



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.