

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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1-Oct</b>	<b>2-Oct</b>	<b>3-Oct</b>	<b>4-Oct</b>	<b>5-Oct</b>
Fruit 100% Fruit Juice Milk Choice Blueberry Muffin	Fruit 100% Fruit Juice Milk Choice Sausage Biscuit	Fruit 100% Fruit Juice Milk Choice Yogurt Cup Nutria Grain Bar	<b>School Closed</b>	<b>School Closed</b>
<b>8-Oct</b>	<b>9-Oct</b>	<b>10-Oct</b>	<b>11-Oct</b>	<b>12-Oct</b>
<b>School Closed</b>	Fruit 100% Fruit Juice Milk Choice Breakfast Burrito	Fruit 100% Fruit Juice Milk Choice Blueberry Muffin	Fruit 100% Fruit Juice Milk Choice Chicken Biscuit	Fruit 100% Fruit Juice Milk Choice Whole grain cereal
<b>15-Oct</b>	<b>16-Oct</b>	<b>17-Oct</b>	<b>18-Oct</b>	<b>19-Oct</b>
Fruit 100% Fruit Juice Milk Choice Nutrigrain bar Yogurt Cup	Fruit 100% Fruit Juice Milk Choice Sausage Biscuit	Fruit 100% Fruit Juice Milk Choice Blueberry Muffin	Fruit 100% Fruit Juice Milk Choice Breakfast Burrito	Fruit 100% Fruit Juice Milk Choice Whole Grain Cereal
<b>22-Oct</b>	<b>23-Oct</b>	<b>24-Oct</b>	<b>25-Oct</b>	<b>26-Oct</b>
Fruit 100% Fruit Juice Milk Choice Nutrigrain bar Yogurt Cup	Fruit 100% Fruit Juice Milk Choice Chicken Biscuit	Fruit 100% Fruit Juice Milk Choice Whole Grain Cereal	Fruit 100% Fruit Juice Milk Choice Breakfast Burrito	Fruit 100% Fruit Juice Milk Choice Blueberry Muffin Yogurt Cup
<b>29-Oct</b>	<b>30-Oct</b>	<b>31-Oct</b>		
Fruit 100% Fruit Juice Milk Choice Nutrigrain bar Yogurt Cup	Fruit 100% Fruit Juice Milk Choice Sausage Biscuit	Fruit 100% Fruit Juice Milk Choice 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.