

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

Monday	Tuesday	Wednesday	Thursday	Friday
1-Oct	2-Oct	3-Oct	4-Oct	5-Oct
Chicken Nuggets/Sauce	Lemon Pepper Drums	Salisbury Steak	School Closed	School Closed
Potato Wedges	Yellow Spanish Rice	Sweet Potatoes Soufflé		
Carrot and Celery Sticks	Black Eyed Peas	Turnip Greens		
Apples	Oranges	Apples		
Milk Choice	Milk Choice	Milk Choice		
8-Oct	9-Oct	10-Oct	11-Oct	12-Oct
School Closed	Meatball Sub/Hoagie	Teriyaki Drumsticks	Baked Spaghetti and Meat Sauce	Hot Dogs/Buns
	Pinto Beans	Polynesian Rice	Leafy Green Salad	Baked Potato Wedges
	Leafy Green Salad	Cabbage	Corn on the Cobb	Green Beans
	Apples	Cornbread	Apples	Oranges
	Milk choice	Oranges	Milk Choice	Milk Choice
		Milk Choice		
15-Oct	16-Oct	17-Oct	18-Oct	19-Oct
Sloppy Joe	Cajun Baked Chicken Legs	Pulled BBQ Chix/Bun	Salisbury Steak	Meatball Sub/Hoagie
Sweet Potato Fries	Yellow Rice	Mac and Cheese	Sweet Potatoes Soufflé	Pinto Beans
Leafy Green Salad	Broccoli	Glazed Steamed Carrots	Turnip Greens	Leafy Green Salad
Apples	Oranges	Apples	Oranges	Apples
Milk Choice	Milk Choice	Milk Choice	Milk Choice	Milk choice
22-Oct	23-Oct	24-Oct	25-Oct	26-Oct
Spicy Chicken Sand/buns	Baked Spaghetti and Meat Sauce	Chicken Nuggets/Sauce	Lemon Pepper Drums	Turkey Meatloaf
Baked Beans	Leafy Green Salad	Potato Wedges	Yellow Spanish Rice	Sweet Potatoes Soufflé
Glazed Steamed Carrots	Corn on the Cob	Carrot and Celery Sticks	Cabbage	Turnip Greens
Oranges	Apples	Oranges	Apples	Oranges
Milk Choice	Milk Choice	Milk Choice	Milk Choice	Milk Choice
29-Oct	30-Oct	31-Oct		
Chicken Burrito	Sloppy Joe	Teriyaki Drumsticks		
Glazed Steamed Carrots	Sweet Potato Fries	Polynesian Rice		
Raw Broccoli	Leafy Green Salad	Cabbage		
Apples	Apples	Cornbread		
Milk Choice	Milk Choice	Oranges		
		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.