

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>4-Sep</b>	<b>5-Sep</b>	<b>6-Sep</b>	<b>7-Sep</b>
Holiday - No School	Chicken Sandwich	Beefaroni	Meatball Sub/Hoagie	Teriyaki Drumsticks
	Carrot Sticks	Glazed Steamed Carrots	Pinto Beans	Polynesian Rice
	Green Beans	Green Peas	Leafy Green Salad	Cabbage
	Oranges	Apples	Oranges	Apples
	Milk Choice	Milk Choice	Milk choice	Milk Choice
<b>10-Sep</b>	<b>11-Sep</b>	<b>12-Sep</b>	<b>13-Sep</b>	<b>14-Sep</b>
Baked Spaghetti and Meat Sauce	Chicken Burrito	Turkey Hot Dogs/Buns	Cajun Baked Chicken Legs	Turkey Meatloaf
Leafy Green Salad	Sweet Potato Fries	Baked Potato Wedges	Yellow Rice	Mac and Cheese
Baby Lima Beans	Green Peas	Green Beans	Broccoli	Turnip Greens
		Carrot Sticks		
Apples	Oranges	Apples	Oranges	Apples
Milk Choice	Milk Choice	Milk Choice	Milk Choice	Milk Choice
<b>17-Sep</b>	<b>18-Sep</b>	<b>19-Sep</b>	<b>20-Sep</b>	<b>21-Sep</b>
Pizza	Salisbury Steak	Spicy Chicken Sandwich/buns	Baked Spaghetti and Meat Sauce	Chicken Nuggets/Sauce
Leafy Green Salad	Mashed Potatoes and Gravy	Cabbage	Leafy Green Salad	Potato Wedges
Steamed Broccoli	Green Peas	Green Peas	Corn on the Cob	Carrot and Celery Sticks
	Whole Wheat Roll			
Apples	Oranges	Apples	Oranges	Apples
Milk Choice	Milk Choice	Milk Choice	Milk Choice	Milk Choice
<b>24-Sep</b>	<b>25-Sep</b>	<b>26-Sep</b>	<b>27-Sep</b>	<b>28-Sep</b>
Chicken Burrito	Salisbury Steak	Chicken Tenders	Hamburgers	Turkey Meatloaf
Yellow Spanish Rice	Black Eyed Peas	Glazed Steamed Carrots	Baked Potato Wedges	Mashed Potatoes and Gravy
Turnip Greens	Cabbage	Steamed Broccoli	Baked Beans	Turnip Greens
	Whole Wheat Roll			
Apples	Oranges	Apples	Oranges	Apples
Milk Choice	Milk Choice	Milk Choice	Milk Choice	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](http://SchoolCafe) to apply for Free/Reduced Breakfast and Lunch.

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