

Leadership Preparatory Academy
Lower School/Upper School Lunch Menu
October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
THIS IS AN EQUAL OPPORTUNITY INSTITUTION.				
Entrée: 2 Spicy Chicken Sandwich/Buns Side Selection: Mexicali Corn Carrot Sticks Assorted Fruit Milk Choice	Entrée: 3 Salisbury Steak Side Selection: Ranch Potato Wedges Green Lima Beans Assorted Fruit Milk choice	Entrée: 4 BBQ Pulled Chicken Sandwich Side Selection: Cabbage Corn on the Cobb Assorted Fruit Milk choice	Fall Break	Fall Break
Fall Break	Entrée: 10 Beefaroni Side Selection: Red Kidney Beans Rice Assorted Fruit Milk choice	Entrée: 11 Oven Fried Steak/Gravy Side Selection: Mac & Cheese Turnip Greens Rolls Assorted Fruit Milk choice	Entrée: 12 Beef Lasagna Side Selection: Cucumber & Tomatoes Salad Broccoli Assorted Fruit Milk choice	Entrée: 13 Cheese Burger Side Selection: Ranch Potatoes Carrot Sticks Leafy Green Salad Assorted Fruit Milk choice
Entrée: 16 Chicken with Noodles Side Selection: Buttered Corn Carrot Sticks Assorted Fruit Milk choice	Entrée: 17 Hot Dogs w/Chilli Side Selection: Ranch Potato Wedges Green Beans Green Leafy Salad Assorted Fruit Milk choice	Entrée: 18 Alfredo Chicken w/ a Twist Side Selection: Cabbage Corn on the Cobb Assorted Fruit Milk choice	Entrée: 19 Meatball Sub/Hoagie Side Selection: Taco Potatoes Leafy Green Salad Assorted Fruit Milk choice	Entrée: 20 Oven Fried Chicken Tenders Side Selection: Mexicali Corn Sweet Potatoes Assorted Fruit Milk choice
Entrée: 23 BBQ Pulled Chicken Sandwich Side Selection: Cabbage Corn on the Cobb Assorted Fruit Milk choice	Entrée: 24 Beefaroni Side Selection: Green Lima Beans Green Beans Assorted Fruit Milk choice	Entrée: 25 Chicken Nuggets/Sauce Side Selection: Mac & Cheese Turnip Greens Assorted Fruit Milk choice	Entrée: 26 Beef Lasagna Side Selection: Cucumber and Tomatoes Salad Broccoli Assorted Fruit Milk choice	Entrée: 27 Hot Wings Side Selection: Ranch Potatoes Carrot Sticks Assorted Fruit Milk choice
Entrée: 30 Spicy Chicken Sandwich Side Selection: Mashed Potatoes Green Beans Rolls Assorted Fruit Milk choice	Entrée: 31 Turkey and Cheese Sandwich Side Selection: Ranch Potatoes Leafy Green Salad Assorted Fruit Milk choice			

2017-2018 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.