

Leadership Preparatory Academy
Lower School/Upper School Breakfast Menu
September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
THIS IS AN EQUAL OPPORTUNITY INSTITUTION.				Entrée: 1 Whole Grain Muffin Whole Grain Cereal Nutria Grain Bars Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice
Holiday	Entrée: 5 Breakfast Bowl Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice	Entrée: 6 Low Fat Yogurt Whole Grain Cereal Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice	Entrée: 7 Wheat Cinnamon Bun Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice	Entrée: 8 Low Fat Yogurt Whole Grain Cereal Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice
Entrée: 11 Whole Grain Muffin Whole Grain Cereal Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice	Entrée: 12 Breakfast Bowl Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice	Entrée: 13 Whole Grain Muffin Whole Grain Cereal Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice	Entrée: 14 Eggs, Biscuit, Gravy Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice	Entrée: 15 Low Fat Yogurt Whole Grain Cereal Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice
Entrée: 18 Whole Grain Muffin Whole Grain Cereal Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice	Entrée: 19 Breakfast Bowl Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice	Entrée: 20 Whole Grain Muffin Whole Grain Cereal Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice	Entrée: 21 Breakfast Lasagna Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice	Entrée: 22 Whole Grain Muffin Whole Grain Cereal Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice
Entrée: 25 Whole Grain Muffin Whole Grain Cereal Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice	Entrée: 26 Breakfast Bowl Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice	Entrée: 27 Low Fat Yogurt Whole Grain Cereal Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice	Entrée: 28 Wheat Cinnamon Bun Fruit Selection: 100% Fruit Juice Assorted Fruit Milk choice	Entrée: 29 Low Fat Yogurt Whole Grain Cereal Fruit Selection: 100% Fruit Juice 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.