

CAREER PREP HIGH SCHOOL

Breakfast & Lunch Notification for 2025-2026 School Year

July 15, 2025

ATTN: Students and Families of **Capital City Career Prep High School**:

Help start the school day with a well-balanced nutritious meal. Eating nutritious meals helps with concentration, provides energy to last throughout the day, and helps enforce healthier eating habits. Healthy Bodies Fuel Healthy Minds!

This school year, Capital City Career Prep High School is offering breakfast and lunch to all students. The breakfast will include healthy options such as whole grain cereals, muffins, fruits, juice, and milk. The lunch will include a meat or protein alternative, a whole grain option such as bread, pasta, fruits, vegetables, and milk. The students will be offered breakfast and lunch each school day; please reference your school calendar for dates. Breakfast will be served upon student's arrival, and lunch is served at 11:00. These meals are at no cost to all enrolled students!

This institution is an equal opportunity provider.

Thank you,

Andrea Teffer

Andrea Teffer, DTR
Food Service Director

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