



Durham Public Schools K-8 Lunch Menus for December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2023-24 Lunch Prices: Students: \$3.75 Adults: \$4.50 Milk (alone): \$0.50 Menus are subject to change (V): Meatless entrée</p>	<p>K-8 Lunch includes choice of low-fat or fat-free milk and fresh fruit. Middle School offers 100% fruit juice each day.</p>	<p>Alternate Entrée Choices: <u>Daily:</u> Wowbutter/Jelly Sandwich (V) <u>Tuesday:</u> Turkey & Cheese Wrap <u>Thursday/Friday:</u> Crispy Chicken Chef Salad</p>		<p>December 1 Choice of Entrée: Assorted Pizza or BBQ Chicken Sandwich On the side: Oven Potatoes Cole Slaw Peaches</p>
<p>December 4 Choice of Entrée: Mozzarella Cheese Bites w/Marinara or BBQ Pork Riblet on Bun On the side: Sweet Potato Waffle Fries BBQ Baked Beans Spiced Apples</p>	<p>December 5 Choice of Entrée: Chicken Nuggets or Steak w/Gravy On the side: Dinner Roll Mashed Potatoes Steamed Broccoli Pears</p>	<p>December 6 Choice of Entrée: Queso Chili Pasta w/Breadstick or Chicken Parm Sandwich On the side: Mexicali Corn Green Beans Fresh Fruit</p>	<p>December 7 Winter Feast Entrée: Roasted Turkey w/Gravy On the side: Dinner Roll Candied Sweet Potatoes Seasoned Greens Apple Cobbler</p>	<p>December 8 Choice of Entrée: Assorted Pizza or House-Made Lima Hummus w/Flatbread (V) On the side: Fresh Local Carrot Sticks Tomato & Cucumber Cup Peaches</p>
<p>December 11 Choice of Entrée: Chicken Cheesesteak Nachos or Fiesta Bean Nachos (V) On the side: Grape Tomatoes w/Dip California Blend Spiced Apples</p>	<p>December 12 Choice of Entrée: Beef Meatballs w/Gravy or Rotisserie Chicken On the side: Dinner Roll Mashed Potatoes Savory Carrots Peach Cobbler</p>	<p>December 13 Choice of Entrée: Baked Spaghetti or Popcorn Chicken On the side: Garlic Texas Toast Lima Beans Steamed Corn Fresh Fruit</p>	<p>December 14 Choice of Entrée: Asian Dumplings w/Teriyaki Sauce or Loaded Baked Potato w/Garlic Knot On the side: Asian Blend Vegetables Broccoli w/Cheese Pears</p>	<p>December 15 Choice of Entrée: Assorted Pizza or Chicken Burrito On the side: Tossed Salad Baby Carrots w/Dip Peaches</p>
<p>December 18 Choice of Entrée: Macaroni & Cheese (V) w/Roll or Chef's Choice Entrée On the side: Steamed Broccoli Chef's Choice Vegetable Spiced Apples</p>	<p>December 19 Choice of Entrée: Chicken Nuggets w/Roll or Chef's Choice Entrée On the side: Lima Beans Chef's Choice Vegetable Fruit Choice</p>	<p>December 20 No School Winter Break</p>	<p>December 21 No School Winter Break</p>	<p>December 22 No School Winter Break</p>
<p>December 25 No School Winter Break</p>	<p>December 26 No School Winter Break</p>	<p>December 27 No School Winter Break</p>	<p>December 28 No School Winter Break</p>	<p>December 29 No School Winter Break</p>
<p>Food Allergy Disclaimer: Please be aware that School Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary, and we are not able to guarantee that any food item will be completely free of food allergens. If you have questions or any concerns regarding ingredients of a specific food or recipe, please reach out to the Durham Public Schools Nutrition Services at 919-560-2370.</p>				

Families Making the Connection - Enjoy Collards

Collards are a leafy green vegetable, part of the cabbage or *Brassicaceae* family. Collards can grow as a loose bouquet or as a head like other cabbages.

These greens can be grown and harvested almost year-round. Because collards grow best in cooler weather, they are often considered a fall or winter vegetable. Collards do taste sweeter after a frost.

Collards are an excellent source of vitamins A, C, and K and a good source of calcium and fiber. Fresh, uncooked collards are an excellent source of folate. Dark greens, like collards are also a source of lutein. Collards are low in calories, free of cholesterol and fat, and very low in sodium. One cup of fresh, chopped collards has about 12 calories and ½ cup of cooked, chopped collards has about 31 calories. Learn more at <https://bit.ly/3c30kws>. Enjoy collards today!