



Durham Public Schools HS Breakfast Menus for December 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Breakfast includes choice of low-fat or fat-free milk, 100% fruit juice, and fresh fruit. | Daily Alt. Entrée Options: Whole Grain (WG) Cereal Oatmeal Round Mini Powdered WG Donuts WG Pop Tarts WG Muffins | Tuesday – Thursday Alternative Entrée: Fruit & Yogurt Parfait w/WG Grahams | | December 1 Biscuit Sandwich Mixed Fruit |
| December 4 Turkey Ham & Cheese on Croissant Chilled Peaches | December 5 Waffle w/Scrambled Eggs & Turkey Sausage Links Applesauce | December 6 Biscuit Sandwich Hash Brown Rounds | December 7 Breakfast Pizza Mandarin Oranges | December 8 Biscuit Sandwich Mixed Fruit |
| December 11 Turkey Ham & Cheese on Croissant Chilled Peaches | December 12 Waffle w/Scrambled Eggs & Turkey Sausage Links Applesauce | December 13 Biscuit Sandwich Hash Brown Rounds | December 14 Breakfast Pizza Mandarin Oranges | December 15 Biscuit Sandwich Mixed Fruit |
| December 18 Turkey Ham & Cheese on Croissant Chilled Peaches | December 19 Waffle w/Scrambled Eggs & Turkey Sausage Links Applesauce | December 20 No School Winter Break | December 21 No School Winter Break | December 22 No School Winter Break |
| December 25 No School Winter Break | December 26 No School Winter Break | December 27 No School Winter Break | December 28 No School Winter Break | December 29 No School Winter Break |

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

Nutrition Byte - Collards Are Cool!

Collards are a leafy green vegetable, part of the cabbage or *Brassicaceae* family. **Fun Fact:** Collards are the oldest leafy green within the cabbage family. The ancient Greeks and Romans grew them.

Collards 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 most popular in the Southern United States.

Fun Fact: In 1975, Ayden, North Carolina named their town's annual festival, "The Ayden Collard Festival".

Collards can be eaten fresh or cooked. Remove the stems, and wash the collards under clean, running water. Collards can be used fresh in tacos, wraps, salads, or sandwiches. They can be steamed, stewed, sauteed, cooked in broth, or added to stir fries and other recipes.

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!