



## Durham Public Schools HS Menus for December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2023-24 Lunch Prices: Students: \$3.75 Adults: \$4.50 Milk (alone): \$0.50</p> <p>Menus are subject to change</p> <p>(V): Meatless entrée</p>	<p>Lunch includes choice of low-fat or fat-free milk, fresh fruit, and 100% fruit juice.</p> <p><b>Daily Alternate Entrée Choice:</b> Wowbutter/Jelly Sandwich (V)</p>	<p><b>Alternate Entrée Choices:</b> <u>Mondays:</u> Spicy Chicken Sandwich <u>Tuesdays:</u> Double Cheeseburger Black Bean Burger (V)</p>	<p><u>Wednesdays:</u> Honey Sriracha Chicken/Roll <u>Thursdays:</u> Crispy Chicken Chef Salad <u>Fridays:</u> Spicy Chicken Sandwich</p>	<p><b>December 1</b></p> <p><b>Choice of Entrée:</b> Assorted Pizza or BBQ Chicken Sandwich <b>On the side:</b> Oven Potatoes Baby Carrots w/Dip Peaches</p>
<p><b>December 4</b></p> <p><b>Choice of Entrée:</b> PizzaBoli Bites w/Marinara or BBQ Pork Riblet on Bun <b>On the side:</b> Sweet Potato Waffle Fries BBQ Baked Beans Spiced Apples</p>	<p><b>December 5</b></p> <p><b>Choice of Entrée:</b> Dill Chicken Nuggets or Steak w/Gravy <b>On the side:</b> Dinner Roll Mashed Potatoes Steamed Broccoli Pears</p>	<p><b>December 6</b></p> <p><b>Choice of Entrée:</b> Queso Chili Pasta w/Breadstick or Assorted Pizza <b>On the side:</b> Mexicali Corn Glazed Carrots Fresh Fruit</p>	<p><b>December 7</b></p> <p><b>Winter Feast Entrée:</b> Baked Turkey w/Gravy <b>On the side:</b> Dinner Roll Candied Sweet Potatoes Seasoned Greens Apple Cobbler</p>	<p><b>December 8</b></p> <p><b>Choice of Entrée:</b> Assorted Pizza or House-Made Lima Hummus w/Flatbread (V) <b>On the side:</b> Fresh Local Carrot Sticks Tomato &amp; Cucumber Cup Peaches</p>
<p><b>December 11</b></p> <p><b>Choice of Entrée:</b> Chickens Cheesesteak Nachos or Fiesta Bean Nachos (V) <b>On the side:</b> Fiesta Black Beans Sweet Potato Wedges Spiced Apples</p>	<p><b>December 12</b></p> <p><b>Choice of Entrée:</b> Beef Meatballs w/Gravy or Rotisserie Chicken <b>On the side:</b> Dinner Roll Mashed Potatoes Savory Carrots Peach Cobbler</p>	<p><b>December 13</b></p> <p><b>Choice of Entrée:</b> Baked Spaghetti w/Garlic Knot or Assorted Pizza <b>On the side:</b> Lima Beans Steamed Corn Fresh Fruit</p>	<p><b>December 14</b></p> <p><b>Choice of Entrée:</b> Asian Dumplings w/Teriyaki Sauce or Loaded Baked Potato w/Garlic Knot <b>On the side:</b> Asian Blend Vegetables Broccoli w/Cheese Pears</p>	<p><b>December 15</b></p> <p><b>Choice of Entrée:</b> Assorted Pizza or Turkey &amp; Cheese on Bun <b>On the side:</b> Tossed Salad Baby Carrots w/Dip Peaches</p>
<p><b>December 18</b></p> <p><b>Choice of Entrée:</b> Macaroni &amp; Cheese (V) w/Roll or Chef's Choice Entrée <b>On the side:</b> Steamed Broccoli Chef's Choice Vegetable Spiced Apples</p>	<p><b>December 19</b></p> <p><b>Choice of Entrée:</b> Chicken Tenders w/Roll or Chef's Choice Entrée <b>On the side:</b> Lima Beans Chef's Choice Vegetable Fruit Choice</p>	<p><b>December 20</b></p> <p>No School Winter Break</p>	<p><b>December 21</b></p> <p>No School Winter Break</p>	<p><b>December 22</b></p> <p>No School Winter Break</p>
<p><b>December 25</b></p> <p>No School Winter Break</p>	<p><b>December 26</b></p> <p>No School Winter Break</p>	<p><b>December 27</b></p> <p>No School Winter Break</p>	<p><b>December 28</b></p> <p>No School Winter Break</p>	<p><b>December 29</b></p> <p>No School Winter Break</p>
<p><b>Food Allergy Disclaimer:</b> 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>				

### 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 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.

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. Learn more at <https://bit.ly/3c30kws>. Enjoy collards today!