



Durham Public Schools K-12 ASSP Snack Menu for December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to change	(wg): Whole Grain			December 1 Nacho Doritos (wg) Mozzarella Cheese Stick 100% Juice
December 4 Chewy Granola Bar (wg) Mozzarella Cheese Stick 100% Juice	December 5 Cheetos Puffs (wg) Fresh Apple Bottled Water	December 6 Confetti Rice Krispy Bar (wg) Fresh Orange 100% Juice	December 7 Educational Crackers (wg) Yogurt Cup Bottled Water	December 8 Cool Ranch Doritos (wg) Mozzarella Cheese Stick 100% Juice
December 11 Pretzels (wg) Mozzarella Cheese Stick 100% Juice	December 12 Honey Roasted Sunflower Kernels Fresh Apple Bottled Water	December 13 NutriGrain Bar (wg) Fresh Orange 100% Juice	December 14 Educational Crackers (wg) Yogurt Cup Bottled Water	December 15 Nacho Doritos (wg) Mozzarella Cheese Stick 100% Juice
December 18 Bug Bites Grahams (wg) Mozzarella Cheese Stick 100% Juice	December 19 Baked Cheetos (wg) Fresh Apple Bottled Water	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.

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 most popular in the Southern region of the United States. They can be eaten fresh or cooked. The stems should be removed, and the collards should be washed well 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!