

# [Insert Public School Unit] Breakfast Menus for December 2023

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  |  | December 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 6 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 7 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 13 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 14 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 20 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 21 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 27 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |

## 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!



# [Insert Public School Unit] Lunch Menus for December 2023

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  |  | December 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 4 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 5 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 6 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 7 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 8 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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