



The College Prep & Leadership Academy Breakfast Menus for December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				December 1 W/G BISCUITS w/WHITE PEPPER SAUSAGE GRAVY OR ASSORTED CEREAL GRAHAM CRACKERS 100% JUICE Low fat or Fat Free Milk
December 4 W/G PANCAKES w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BARS FRUIT COCKTAIL 100% JUICE Low fat or Fat Free Milk	December 5 BREAKFAST POTATOES TURKEY SAUSAGE OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Low fat or Fat Free Milk	December 6 GRTIS W/ BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGES 100% JUICE Low fat or Fat Free Milk	December 7 SAUSAGE, EGG & CHEESE BISCUIT OR DANISHES TROPICAL FRUIT MIX 100% JUICE Low fat or Fat Free Milk	December 8 W/G WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Low fat or Fat Free Milk
December 11 W/G FRENCH TOAST STICKS OR ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Low fat or Fat Free Milk	December 12 W/G PANCAKE & SAUSAGE ON A STICK OR NONFAT YOGURT NUTRI GRAIN BARS FRESH STRAWBERRIES 100% JUICE Low fat or Fat Free Milk	December 13 GRTIS W/ BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGES 100% JUICE Low fat or Fat Free Milk	December 14 W/G SAUSAGE BISCUITS w/ grape jelly OR W/G BLUEBERRY MUFFINS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	December 15 CHICKEN FRITTER BISCUITS w/Grape jelly OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Low fat or Fat Free Milk
December 18 W/G PANCAKES w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BARS FRUIT COCKTAIL 100% JUICE Low fat or Fat Free Milk	December 19 CHICKEN FRITTER BISCUITS w/Grape jelly OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Low fat or Fat Free Milk	December 20 GRTIS W/ BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGES 100% JUICE Low fat or Fat Free Milk	December 21 BREAKFAST POTATOES TURKEY SAUSAGE OR NONFAT YOGURT GRAHAM CRACKERS FRESH APPLE SLICES 100% JUICE Low fat or Fat Free Milk	December 22 W/G WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEARS 100% JUICE Low fat or Fat Free Milk
December 25 NO SCHOOL HOLIDAY BREAK	December 26 NO SCHOOL HOLIDAY BREAK	December 27 NO SCHOOL HOLIDAY BREAK	December 28 NO SCHOOL HOLIDAY BREAK	December 29 NO SCHOOL HOLIDAY BREAK

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.



The College Prep & Leadership Academy 9-12 Lunch Menus for December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				December 1 PIZZA (PEPPERONI/CHEESE) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT 100% JUICE Low fat or Fat Free Milk
December 4 BEEF CORNDOGS BAKED BEANS BAKED CHIPS FRUIT COCKTAIL Low fat or Fat Free Milk	December 5 PHILLY STEAK & CHEESE SUB W/G FAJITA WRAP SHREDDED LETTUCE POTATO WEDGES FRESH FRUIT 100% JUICE Low fat or Fat Free Milk	December 6 FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES YELLOW CORN DICED PEARS PINEAPPLE TIDBITS Low fat or Fat Free Milk	December 7 BBQ MEATBALLS W/W DINNER ROLL STEAMED RICE GREEN BEANS PINEAPPLE TIDBITS Low fat or Fat Free Milk	December 8 PIZZA (PEPPERONI/CHEESE) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT 100% JUICE Low fat or Fat Free Milk
December 11 CHICKEN FILLET SANDWHICH W/G HAMBURGER BUN POTATO WEDGES BAKED BEANS APPLESAUCE FRUIT COCKTAIL Low fat or Fat Free Milk	December 12 BEEF TACOS w/SHREDDED CHEESE W/W FAJITAS SHREDDED LETTUCE YELLOW CORN MEXICAN RICE DICED PEACHES 100% JUICE Low fat or Fat Free Milk	December 13 FRIED CHICKEN TENDERS W/W DINNER ROLL MACARONI & CHEESE GREEN BEANS FRUIT COCKTAIL PINEAPPLE TIDBITS Low fat or Fat Free Milk	December 14 TURKEY & CHEESE SANDWHICH OR CHICKEN ALFREDO MIXED VEGETABLES FRESH FRUIT 100% JUICE Low fat or Fat Free Milk	December 15 PIZZA (PEPPERONI/CHEESE) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT Low fat or Fat Free Milk
December 18 SLOPPY JOE SANDWHICH W/G HAMBURGER BUN POTATO WEDGES FRESH FRUIT Low fat or Fat Free Milk	December 19 CHICKEN FAJITAS w/shred LETTUCE & CHEESE W/W FAJITA WRAP PINTO BEANS FRESH FRUIT 100% JUICE Low fat or Fat Free Milk	December 20 FRIED CHICKEN W/W DINNER ROLL MASHED POTATOES GREEN BEANS TROPICAL FRUIT MIX Low fat or Fat Free Milk	December 21 CHICKEN FILLET SANDWHICH W/G HAMBURGER BUN SWEET POTATOES FRUIT COCKTAIL PINEAPPLE TIDBITS Low fat or Fat Free Milk	December 22 PIZZA (PEPPERONI/CHEESE) ROMAINE SALAD MIX CUCUMBERS/TOMATOES FRESH FRUIT 100% JUICE Low fat or Fat Free Milk
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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.