

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 Lowfat or Fat Free Milk
December 4 W/G PANCAKES w/syrup SAUSAGE LINKS OR ASSORTED CEREAL NUTRI GRAIN BARS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	December 5 BREAKFAST POTATOES TURKEY SAUSAGE OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat or Fat Free Milk	December 6 GRTIS W/ BUTTER BACON STRIPS OR ASSORTED CEREAL GRANOLA BARS ORANGES 100% JUICE Lowfat or Fat Free Milk	December 7 SAUSAGE, EGG & CHEESE BISCUIT OR DANISHES TROPICAL FRUIT MIX 100% JUICE Lowfat or Fat Free Milk	December 8 W/G WAFFLES w/syrup TURKEY SAUSAGE OR ASSORTED CEREAL GRAHAM CRACKERS APPLESAUCE 100% JUICE Lowfat or Fat Free Milk
December 11 W/G FRENCH TOAST STICKS OR ASSORTED CEREAL GRAHAM CRACKERS FRUIT COCKTAIL 100% JUICE Lowfat or Fat Free Milk	December 12 W/G PANCAKE & SAUSAGE ON A STICK OR NONFAT YOGURT NUTRI GRAIN BARS FRESH STRAWBERRIES 100% JUICE Lowfat 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 Lowfat or Fat Free Milk	December 15 CHICKEN FRITTER BISCUITS w/Grape jelly OR ASSORTED CEREAL GRAHAM CRACKERS DICED PEACHES 100% JUICE Lowfat 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

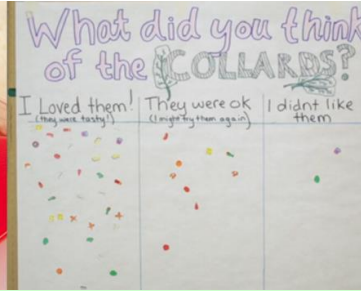
Nutrition Byte

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".



The College Prep & Leadership Academy K-8 Lunch Menus for December 2023

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

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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!