



Bethel Hill Charter School Breakfast Menus for December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				December 1 Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat-Free Milk
December 4 Doughnut or Toast and Cereal Fresh Fruit Juice Lowfat or Fat-Free Milk	December 5 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat-Free Milk	December 6 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat-Free Milk	December 7 Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat-Free Milk	December 8 Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat-Free Milk
December 11 Doughnut or Toast and Cereal Fresh Fruit Juice Lowfat or Fat-Free Milk	December 12 Honey Bun or Toast and Cereal Fresh Fruit Juice Lowfat or Fat-Free Milk	December 13 Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat-Free Milk	December 14 Muffin or Toast and Cereal Fresh Fruit Juice Lowfat or Fat-Free Milk	December 15 Sausage Biscuit Toast and Cereal Fresh Fruit Juice Lowfat or Fat-Free Milk
December 18 No School	December 19 No School	December 20 No School	December 21 No School	December 22 No School
December 25 No School	December 26 No School	December 27 No School	December 28 No School	December 29 No School

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!



Bethel Hill Charter School Lunch Menus for December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				December 1 Pizza or Chicken Salad Pinto Beans / Carrots Tossed Salad Fresh Fruit Lowfat or Fat-Free Milk
December 4 Chicken Nuggets with Roll or Ham and Cheese Sub Sweet Peas Tossed Salad Peaches Lowfat or Fat-Free Milk	December 5 Corndog or Fish Nuggets with Hush Puppies Baked Beans Coleslaw / Tossed Salad Mixed Fruit Lowfat or Fat-Free Milk	December 6 Spaghetti with Roll or Turkey Wrap Tossed Salad Corn Mixed Fruit Lowfat or Fat-Free Milk	December 7 Taco Salad or Chicken Fajita Corn Tossed Salad Fresh Fruit Lowfat or Fat-Free Milk	December 8 Pizza or Chicken Salad Pinto Beans / Carrots Tossed Salad Fresh Fruit Lowfat or Fat-Free Milk
December 11 Chicken Sandwich or Baked Potato with Roll Sweet Peas Tossed Salad Peaches Lowfat or Fat-Free Milk	December 12 BBQ Sandwich or Turkey Wrap Green Beans Tossed Salad Fresh Fruit Lowfat or Fat-Free Milk	December 13 Hotdogs or Fish Sandwich Coleslaw Baked Beans Peaches Lowfat or Fat-Free Milk	December 14 Vegetable Soup with Grilled Cheese or Peanut Butter Sandwich Chocolate Chip Cookies Carrots and Fresh Fruit Lowfat or Fat-Free Milk	December 15 Pizza Carrots Fresh Fruit Lowfat or Fat-Free Milk
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