

For the 2023-2024 school year
All Students will receive Breakfast and
lunch at NO COST. Through our par-
ticipation in the Community Eligibility
Provision

Caswell County Schools School Nutrition Program



*We Play a Very Important Role in Education.
We Benefit the Mind and Body of Each Child We Serve.*

December 2023 Menu



Note:

Due to continued issues in the food supply
chain food & supply market changes may
affect menu item availability

School Menu is Subject to Change

IF menu changes must be made due to supply
issues, our menu will still continue to be nutri-
tionally balance to include all require food
components

Breakfast-**Bread/Grains, Fruit, Milk**
Lunch- **Meat/MA Bread/Grains, Vegeta-
ble, Fruit & Milk**

*Thank you for your patience & under-
standing of the circumstances beyond
our control*

-The School Nutrition Team

USDA is an equal opportunity provider and em-
ployer. <http://childnutrition.ncpublicschools.gov>



Friday, December 1

Breakfast

Sausage Biscuit -or-
Cinnamon Roll
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Ch./Pepperoni Pizza
Garden Salad, Veg Choice
Marinara Sauce
Fruit cocktail, gold rush
juice, pear, Milk
Chef Salad

Monday, December 4

Breakfast

Cereal (Bowl or Bar)
Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Popcorn Chicken
Corn Dog

Broccoli, Green Peas, Rice,
Mixed Berries, Milk
Chef Salad

Tuesday, December 5

Breakfast

Banana Bread
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken Chunks
Cheeseburgers

Turnip Greens
Mashed Potatoes
Corn Muffin,
Dried Cranberries, Milk
Chef Salad

Wednesday, December 6

Breakfast

Chicken Biscuit
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Holiday Meal

Turkey w/dressing Sweet
Potatoes
Green Beans
Fruit Cup
Milk
Chef Salad

Thursday, December 7

Breakfast

Waffles/Pancakes -or-
Pancake Stick
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken Fajita
Deli Sub

Corn, Pinto Beans, Salsa,
Tortilla Chips, Rice, Straw-
berry Cup Milk
Chef Salad

Friday, December 8

Breakfast

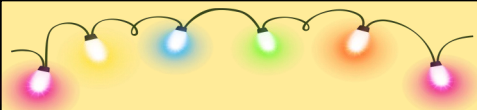
Sausage Biscuit -or-
Cinnamon Roll
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/Pepperoni Pizza
Garden Salad, Veg Choice
Marinara Sauce
Fruit cocktail, gold rush
juice, pear, Milk
Chef Salad



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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, sautéed, 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!

For information on: Caswell County Schools Student Wellness, Please visit our website at: <http://www.caswell.k12.nc.us> School Nutrition BOE Policy - Wellness Policy

Monday, December 11

Breakfast

Cereal (Bowl or Bar)
Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Manager's Choice

Broccoli, Green Peas, Rice,
Whole Grain Dinner Roll,
Mixed Berries, Milk

Chef Salad

Tuesday, December 12

Breakfast

Banana Bread
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Manager's Choice

Turnip Greens
Mashed Potatoes
Corn Muffin,
Dried Cranberries, Milk

Chef Salad

Wednesday, December 13

Breakfast

Chicken Biscuit
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Manager's Choice

Glazed Carrots Green
Beans
W Grain Bun, Strawberries
Cup, Milk

Chef Salad

Thursday, December 14

Breakfast

Waffles/Pancakes -or-
Pancake Stick
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Manager's Choice

Corn, Pinto Beans, Salsa,
Tortilla Chips, Rice, Strawberry
Cup Milk

Chef Salad

Friday, December 15

Breakfast

Sausage Biscuit -or-
Cinnamon Roll
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Manager's Choice

Garden Salad, Veg Choice
Marinara Sauce
Fruit cocktail, gold rush
juice, pear, Milk

Chef Salad

Monday, December 18

Breakfast

Cereal (Bowl or Bar)
Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Manager's Choice

Broccoli, Green Peas, Rice,
Whole Grain Dinner Roll,
Mixed Berries, Milk

Chef Salad

Tuesday, December 19

Breakfast

Banana Bread
Cereal, Yogurt, Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Manager's Choice

Turnip Greens
Mashed Potatoes
Corn Muffin,
Dried Cranberries, Milk

Chef Salad

