

Food Bytes

Wash Your Hands

It is cold and flu season. Handwashing is one of the best ways to protect yourself, your family, and others from getting sick.

When should you wash your hands? Wash hands often. Here are key times:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After you blow your nose, cough or sneeze
- After touching an animal, its feed or waste
- After touching garbage

How should you wash your hands?

1. Wet your hands with clean, running water (warm or cold) and apply soap.
2. Lather hands by rubbing them together with soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. (Hint: Sing the "Happy Birthday" song.)
4. Rinse hands well under clean, running water.
5. Dry hands with a clean towel or air dry them.

If you don't have access to soap and water, use a 60% alcohol-based sanitizing solution until you can wash your hands.

Menus for December 2018

MHS Breakfast Menu

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
HAM BISCUIT or or BREAKFAST PIZZA, PEARS, GRAPE JUICE	CHICKEN BISCUIT or PANCAKE & SAUSAGE ON A STICK, MIXED FRUIT, APPLE JUICE	BACON & EGG BISCUIT or CEREAL (MARSHMALLOW MATEYS), STRAWBERRY CUP, ORANGE JUICE	BISCUIT, SAUSAGE GRAVY or CEREAL (COCO PUFF) & TOAST, APPLESAUCE, APPLE JUICE	SAUSAGE BISCUIT or CEREAL (TRIX) & TOAST, STRAWBERRY CUP, GRAPE JUICE
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
BACON & EGG BISCUIT or MINI BERRY WAFFLE, PEARS, APPLE JUICE	CHICKEN BISCUIT or CEREAL (COCO PUFF) & TOAST, STRAWBERRY CUP, ORANGE JUICE	BISCUIT, SAUSAGE GRAVY OR MINI BERRY PANCAKES, APPLESAUCE, GRAPE JUICE	HAM BISCUIT or CEREAL (TRIX) & TOAST, APPLESAUCE, GRAPE JUICE	SAUSAGE BISCUIT or CEREAL (CINN. TOAST) & TOAST, MIXED FRUIT, ORANGE JUICE
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
HAM BISCUIT or BAGEL & CREAM CHEESE BAR w/ cinnamon spread, MIXED FRUIT, GRAPE JUICE	SAUSAGE BISCUIT or CEREAL (TRIX) & TOAST, PEACHES, APPLE JUICE	CHICKEN BISCUIT or MINI CHOC. CHIP FRENCH TOAST, PEARS, APPLE JUICE	BACON & EGG BISCUIT OR CEREAL (MARSHMALLOW MATEYS), APPLESAUCE, ORANGE JUICE	BISCUIT, SAUSAGE GRAVY OR BREAKFAST PIZZA, STRAWBERRY CUP, ORANGE JUICE
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
Holiday	Holiday	Holiday	Annual Leave	Annual Leave
Monday, December 31				
Annual Leave	A VARIETY OF MILK IS OFFERED DAILY			

December

- Pear Month
- Tropical Fruits Month
- Handwashing Awareness Week (1st Week)

Source: www.cdc.gov



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