

Families Making the Connection

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 your hands often, especially during key times when germs are likely to get on your hands and can easily spread to you or others:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after you treat 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 you touch an animal, its feed or waste
- After touching garbage

What is the right way to 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 the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds.
4. Rinse hands well under clean, running water.
5. Dry hands with a clean towel or air dry them.

Handwashing is the best way to prevent the spread of germs. If you do not have access to soap and water, use a 60% alcohol-based hand sanitizer until you can wash your hands.

Menus for December 2018

Elementary & Middle Lunch Menu

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
Cheese Burger Or Ham w/Macaroni & Cheese, Roll, Pinto Beans, Slaw, Baked Apples	Chicken Sandwich Or Lasagna, Garlic Roll, Waffle Sweet Potato Fries, Caesar Salad, Peaches	Turkey & Cheese Sandwich Or Chicken Pie, Green Beans, Glazed Carrots, Applesauce	Cheese Pizza Or Hamburger Steak w/Gravy, Roll, Baked Potato, Broccoli & Cheese, Mixed Fruit	Sloppy Joe Or Vegetable Beef Soup w/ Grilled Cheese, Pickles, Tater Tots, Pears
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
BBQ Sandwich Or Chicken Nuggets, Roll, Slaw, Pickles, Waffle Fries, Peaches	Hot Dog Or Beef Taco w/Cheese, Salsa, Refried Beans, Shredded Lettuce, Diced Tomatoes, Applesauce	Pepperoni Pizza Or Chicken Wrap, Shredded Lettuce, Sliced Tomato, Baby Carrots, Pears	Chicken Sandwich Or Spaghetti, Garlic Roll, Tossed Salad, Roasted Broccoli, Mixed Fruit	Cheese Burger Or Chicken Casserole, Roll, Crinkle Fries, Peas & Carrots, Applesauce
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Corndog Or Orange Chicken, Rice, Steamed Broccoli, Glazed Carrots, Pineapple	Cheese Burger Or Chicken Fajitas, Black Beans, Shredded Lettuce, Diced Tomato, Salsa, Peas	Cheese Pizza Or Salisbury Steak, Roll, Green Peas, Creamed Potatoes, Mixed Fruit	Meatball Sub Or Chicken Alfredo, Garlic Roll, California Vegetables, Caesar Salad, Baked Apples	BAG LUNCH Ham & Cheese Sandwich, Let/Tom, Baby Carrots, Doritos, Fresh Orange
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			Middle School Other Options Variety of Boxed Salads Variety of Special Pizzas Nacho Bar

December

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



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