

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

Early College 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, Pears	Chicken Sandwich Or Lasagna, Garlic Roll, Waffle Sweet Potato Fries, Caesar Salad, Peaches, Mixed Fruit	Turkey & Cheese Sandwich Or Chicken Pie, Green Beans, Glazed Carrots, Applesauce, Pears	Cheese Pizza Or Hamburger Steak w/Gravy, Roll, Baked Potato, Broccoli & Cheese, Mixed Fruit, Peaches	Sloppy Joe Or Vegetable Beef Soup w/ Grilled Cheese, Pickles, Tater Tots, Pears, Applesauce
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, Mixed Fruit	Hot Dog Or Beef Taco w/Cheese, Salsa, Refried Beans, Shredded Lettuce, Diced Tomatoes, Applesauce, Pineapple	Pepperoni Pizza Or Chicken Wrap, Shredded Lettuce, Sliced Tomato, Baby Carrots, Pears, Baked Apples	Chicken Sandwich Or Spaghetti, Garlic Roll, Tossed Salad, Roasted Broccoli, Mixed Fruit, Pineapple	Cheese Burger Or Chicken Casserole, Roll, Crinkle Fries, Peas & Carrots, Applesauce, Peaches
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, Mixed Fruit	Cheese Burger Or Chicken Fajitas, Black Beans, Shredded Lettuce, Diced Tomato, Salsa Peas, Peaches	Cheese Pizza Or Salisbury Steak, Roll, Green Peas, Creamed Potatoes, Mixed Fruit, Pears	Meatball Sub Or Chicken Alfredo, Garlic Roll, California Vegetables, Caesar Salad, Baked Apples, Peaches	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			Other Options Variety of Boxed Salads Variety of Special Pizzas Nacho Bar

December

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

Source: www.cdc.gov



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