

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 & MAI Lunch Menu

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
Cheese Burger, Slaw, Sweet Potato Puffs, Bean Salad, Pears, Apple Crisp Or Ham w/Macaroni & Cheese, Roll, Slaw, Pinto Beans, Pears, Apple Crisp	Chicken Sandwich, Spinach, Tomato, Waffle Sweet Potato Fries, Peaches, Mixed Fruit Or Lasagna, Garlic Roll, Mixed Vegetables, Caesar Salad, Peaches, Mixed Fruit	Turkey & Cheese Sandwich /Sp. DBL Cheese Burger, Crinkle Fries, Sliced Tomato, Pickles, Pears, Applesauce Or Chicken Pie, Green Beans, Glazed Carrots, Pears, Applesauce	Cheese Pizza, Caesar Salad, Broccoli & Cheese, Peaches, Mixed Fruit Or Hamburger Steak w/Gravy, Roll, Baked Potato, Broccoli & Cheese, Baby Carrots, Peaches, Mixed Fruit	Sloppy Joe/Sp. Chicken Sandwich, Slaw, Pickles, Tater Tots, Applesauce, Pears Or Vegetable Beef Soup w/Grilled Cheese, Pickles, Sliced Tomato, Tater Tots, Applesauce, Pears
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
BBQ Sandwich /Sp. Spicy Chicken Sandwich, Slaw, Pickles, Waffle Fries, Peaches, Mixed Fruit Or Chicken Nuggets, Roll, Slaw, Green Beans, Waffle Fries, Peaches, Mixed Fruit	Hot Dog w/chili/Sp. DBL Cheese Burger, Slaw, Onions, Waffle Sweet Potato Fries, Applesauce, Pineapple Or Sausage, Eggs, Gravy, Biscuits, Sliced Tomatoes, Sweet Potato Puffs, Applesauce, Pineapple	Pepperoni Pizza, Baby Carrots, Caesar Salad, Pears, Apple Crisp Or Chicken Wrap, Black Beans, Shredded Lettuce, Half Sliced Tomato, Baby Carrots, Pears, Apple Crisp	Chicken Sandwich, Spinach, Tomato, Broccoli & Cheese, Pineapple, Mixed Fruit Or Spaghetti, Garlic Roll, Caesar Salad, Roasted Broccoli, Pineapple, Mixed Fruit	Cheese Burger, Lettuce, Tomato, Sweet Potato Puffs, Bean Salad, Peaches, Applesauce Or Chicken Casserole, Roll, Creamed Potatoes, Peas & Carrots, Peaches, Applesauce
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Comdog /Sp. DBL Cheese Burger, Slaw, Pickles, Broccoli & Cheese, Pineapple, Mixed Fruit Or Orange Glazed Chicken, Rice, Steamed Broccoli, Glazed Carrots, Pineapple, Mixed Fruit	Cheese Burger, Lettuce, Tomato, Sweet Potato Puffs, Bean Salad, Peaches, Pears Or Chicken Fajitas, Salsa, Black Beans, Shredded Lettuce, Diced Tomato, Peaches, Pears	Cheese Pizza, Corn, Tossed Salad, Mixed Fruit, Pears Or Salisbury Steak, Roll, Green Peas, Creamed Potatoes, Mixed Fruit, Pears	Meatball Sub /Sp. Chicken Tenders, Roll, Waffle Sweet Potato Fries, Caesar Salad, Peaches, Baked Apples Or Chicken Alfredo, Garlic Roll, Caesar Salad, California Vegetables, 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				Friday, December 28
Annual Leave	A VARIETY OF MILK IS OFFERED DAILY			Other Options Variety of Boxed Salads Variety of Special Pizzas Taco Bar Sub Bar Wednesday Potato Bar

December

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

Source: www.cdc.gov



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