

Menus for December 2018

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.

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
Breakfast: Cereal, Graham Crackers, Orange Juice, Raisins, Milk Little Italy Meatball Sub Sweet Potato Nuggets Peaches Milk HS Alternate: Chicken Tenders And Biscuit	Breakfast: Sausage Biscuit Sandwich, Banana, Milk Beefy Mac Spinach Dinner Roll Cantaloupe Milk HS Alternate: Italian Sandwich	Breakfast: Breakfast Burrito Juice, Raisins, Milk Popcorn Chicken Bowl With Whipped Potatoes, Corn and Chicken Gravy Roll Apple Milk HS Alt: Fajita Chicken Salad	Breakfast: Sausage, Wheat Toast, Cheesy Grits, Mixed Fruit, Milk Soft Beef Tacos Southwest Beans watermelon Milk HS Alternate: Chicken Tenders	Breakfast: Apple Strudel, Oranges, Milk Cheese Pizza Garden Side Salad Grapes Milk HS Alternate: Crispy Chicken Salad Ripstick Breadstick
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Breakfast: Cereal Bar, Banana, Milk Hot Dog Baked Beans Orange Slices Milk HS Alternate: BBQ Chicken Sandwich	Breakfast: Sausage Biscuit, Raisins, Juice & Milk Chicken Patty Sandwich Sweet Potato Wedges Watermelon Milk HS Alternate: Sausage and Peppers Hoagie	Breakfast: Cereal, Graham Crackers, Oranges, Milk Roasted Turkey with Gravy Cornbread Stuffing Sautéed Green Beans Cranberry Sauce Crumble Sweet Potato Dessert Milk HS Alternate: Classic Chef Salad	Breakfast: Cheese Omelet, Cheesy Grits, Wheat Toast, Apple, Milk Chicken Sandwich Mashed Potatoes Grapes Milk HS Alternate: Zesty Orange Chicken Steamed Brown Rice	Breakfast: Strawberry Pop Tart, Graham Crackers, Banana, Milk Pepperoni Pizza Fresh Broccoli Florets Apple Milk HS Alternate: Cheeseburger
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Breakfast: String Cheese, Cereal Bar, Banana, Milk Fiesta Bean & Cheese Burrito Fresh Baby Carrots Mixed Fruit Milk HS Alternate: Turkey Sub	Breakfast: Chicken Biscuit, Diced Bartlett Pears, Milk Macaroni & Cheese with Ham Collards Crispy Whole Apple Roll Milk HS Alternate: Classic Chef Salad	Breakfast: Breakfast Burrito Juice, Raisins, Milk BBQ Chicken Drumsticks Mashed Potatoes Dinner Roll Diced Peaches Milk HS Alternate: Crispy Chicken Salad	Breakfast: Apple Strudel, Oranges, Milk Cheese Pizza Garden Side Salad Cantaloupe Milk HS Alternate: Chicken Tenders	<h2>School Holiday- No School</h2>
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
<h2>School Holiday- No School</h2>	<h2>School Holiday- No School</h2>	<h2>School Holiday- No School</h2>	<h2>School Holiday- No School</h2>	<h2>School Holiday- No School</h2>
Monday, December 31				
<h2>School Holiday- No School</h2>				

December

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

Source: www.cdc.gov



Developed by School Nutrition Services, N.C. Department of Public Instruction. NCDPI and USDA are equal opportunity providers and employers. 05/18 <http://childnutrition.ncpublicschools.gov>