

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.

Lunch Menu for December 2018

Douglass

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
Chicken Nuggets Baked Potato Garden Salad Diced Paches Milk	Chicken Tenders with Dinner Roll Veggie Sticks Garden Salad Fresh Fruit Milk	Chicken Egg Rolls Broccoli Garden Salad Frozen Fruit Cup Milk	Cheeseburger French Fries Glazed Carrots Fresh Fruit Milk	Beef-A-Roni Garlic Knot Black Eyed Peas Garden Salad Mixed Fruit Milk
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Popcorn Chicken Veggie Sticks Garden Salad Diced Peaches Milk	Chicken Filet Sandwich Lima Beans Roasted Potatoes Fresh Fruit Milk	French Bread Pizza Sweet Potato Fries Garden Salad Diced Pears Milk	<u>Holiday Meal</u> Turkey & Gravy w/ Stuffing Glazed Yams Green Beans Apple Crisp, Milk	Cheesy Breadsticks Corn Garden Salad Mixed Fruit Milk
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Lasagna Broccoli with Cheese Garden Salad Diced Peaches Milk	Chicken Tenders Mashed Potatoes California Vegetables Fresh Fruit Milk	Stuffed Crust Pizza Glazed Carrots Garden Salad Frozen Fruit Cup Milk	Cheeseburger Great Northern Beans Tater Tots Fresh Fruit Milk	Corn Dog Nuggets NC Sweet Potato Garden Salad Mixed Fruit Milk
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
WINTER BREAK				
TRADITIONAL DEC 24-JAN 1, 2019				
YEAR ROUND DEC 17-JAN 7, 2019				
Monday, December 31				

December

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



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Menu subject to change depending on availability.