

7-12 Lunch Menu

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.

Nutrilink:
<http://health.gov/dietaryguidelines>

December

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

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
A-Hamburger on a Bun B-Turkey & Cheese Wrap Romaine Lettuce Tomato Slice Oven Fries Fresh Fruit	A-Chili B-Grilled Chicken Cornbread Muffin Red Bell Pepper Strips Tomato & Corn Salad Pears canned	A-Chicken Nuggets B-Homemade Salisbury Steak w/ Whole Wheat Roll Mashed Potatoes & Gravy Steamed Broccoli Fresh Fruit	A-Baked Ham B-Popping Chix Bowl Whole Grain Biscuit Apple Glazed Sweet Potatoes Bean Salad Apple Crisp (9-12) Strawberries & Banana Cup	A-Mac & Cheese and Lil Smokies B-Mini Corndogs Catalina Veggies Sunshine Garden Salad Fresh Fruit
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
A-Hot Ham & Cheese on a Bun B-General Tso Chicken w/rice Asian Vegetables Broccoli Salad Fresh Fruit	A-Fish Sticks B-Baked Potato Bar w/ Whole Wheat Roll Tuscan White Beans Cherry Tomatoes Peaches canned	A- Hard Shell Beef Tacos B-Chicken Caesar Wrap Tortilla Chips (9-12) Tomato Salsa Romaine & Tomato Mexican Corn Fresh Fruit	A-Lasagna w/ Garlic Bread B-Baked Chicken Drumstick Garden Salad Steamed Cauliflower Fruit Gelatin Cups	A-Chicken Patty on bun B-Sliders Au gratin Potatoes Green Beans Fresh Fruit
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
A-Bosco Sticks w/ Marinara Sauce B- Chicken Tetrazzini w/ garlic bread Cukes & Tomatoes Wax Beans Fresh Fruit	A-Super Nachos B-Chicken & Cheese Burrito Cowboy Corn Salad Red Pepper Strips Applesauce canned	A-Pulled Pork Sandwich B-Chef's Choice Creamy Cole Slaw Baked Beans Fresh Fruit	A-Hotdog on Bun B-French Bread Pizza Steamed Carrots Fresh Celery Assorted Fruit	A-Xmas Nuggets B-Chef's Choice Baked Potato Chips Corn Assorted Fruit
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
Winter Break 				
Monday, December 31				

1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch

Menus are subject to change.

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This institution is an equal opportunity provider.