


K-12 Breakfast Menu

December 2018

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
WG Cereal Nutrigrain Bar 100% Fruit Juice Pears-canned	Cream Cheese Mini Bagels 100% Fruit Juice Fresh Fruit	Breakfast Boats 100% Fruit Juice Apricots-canned	Chicken Biscuit Breakfast Sandwich 100% Fruit Juice Fresh Fruit	Pancake on a stick w/ syrup Applesauce-canned
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
French Toast Sticks w/ syrup 100% Fruit Juice Fruit Cocktail-canned	Oatmeal Bar Yogurt Cup 100% Fruit Juice Fresh Fruit	WW Bagel 100% Fruit Juice Mandarin Oranges- canned	Dutch Waffle w/ syrup 100% Fruit Juice Fresh Fruit	Breakfast Pizza 100% Fruit Juice Pears-canned
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
WG Cereal String Cheese 100% Fruit Juice Apricots-canned	Pancake on a stick w/ syrup 100% Fruit Juice Fresh Fruit	Biscuit & Gravy 100% Fruit Juice Applesauce-canned	Sausage Breakfast Sandwich 100% Fruit Juice Fresh Fruit	WG Muffin 100% Fruit Juice Peaches-canned
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
<p>Winter Break</p> 				
Monday, December 31				

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>

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

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

Menus are subject to change.

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