

**K-6 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 (1<sup>st</sup> Week)

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
Hamburger on a Bun Romaine Lettuce Tomato Slice Oven Fries Fresh Fruit	Chili Cornbread Muffin Red Bell Pepper Strips Tomato & Corn Salad Pears canned	Chicken Nuggets Mashed Potatoes & Gravy Steamed Broccoli Fresh Fruit	Baked Ham W.G. Biscuit Apple Glazed Sweet Potatoes Bean Salad Strawberries & Banana Cup	Mac & Cheese and Lil Smokies Catalina Veggies Sunshine Garden Salad Fresh Fruit
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Hot Ham & Cheese on a Bun Asian Vegetables Broccoli Salad Fresh Fruit	Fish Sticks Tuscan White Beans Cherry Tomatoes Peaches canned	Hard Shell Beef Tacos Tomato Salsa Romaine & Tomato Mexican Corn Fresh Fruit	Lasagna Garden Salad Steamed Cauliflower Fruit Gelatin Cups	Chicken Patty on bun Au gratin Potatoes Green Beans Fresh Fruit
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Bosco Sticks w/ Marinara Sauce Cukes & Tomatoes Wax Beans Fresh Fruit	Super Nachos Cowboy Corn Salad Red Pepper Strips Applesauce canned	Pulled Pork Sandwich Creamy Cole Slaw Baked Beans Fresh Fruit	Hotdog on Bun Steamed Carrots Fresh Celery Assorted Fruit	Christmas Nuggets Baked Potato Chips Corn Assorted Fruit
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
<b>Winter Break</b> 				
Monday, December 31				

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

**Menus are subject to change.**

Spoon River Valley CUSD #4 35265 N IL Hwy 97 London Mills, IL 61544

This institution is an equal opportunity provider.