



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.

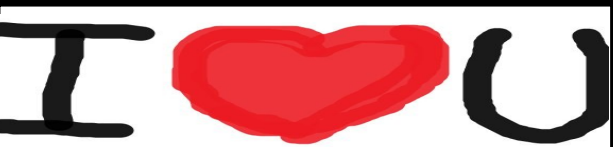
When should you wash your hands? Wash hands often. Here are key times:

- 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



Menus for December 2018

Northampton County

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
Cinnamon Crumb Cake Chilled Peaches *Pork BBQ/ Bun *Roasted Hotdog/ Roll Coleslaw, Baked Beans Golden Corn Golden Raisins	Sausage Egg Biscuit Tropical Fruit Salad * Zesty Orange Chicken * Bacon Cheeseburger Oriental Veggies. Fried Rice Glazed Carrots Pineapple Tidbits	Turkey Cheese Croissant Mixed Fruit *Hamburger Steak/Gravy/ Roll *Chicken Salad / Crackers Creamy Whipped Potatoes Green Peas Golden Raisins	Breakfast Pizza Chilled Diced Pears *Chicken Nuggets/Bread Stick * Sloppy Joe/ Bun Roasted Broccoli Rocking Red Beans Vanilla Orange Parfait	Pancake on Stick Banana *Wild Mikes Pizza * Marinara Dipping Sauce Sweet Potato Fries Roasted Broccoli Mandarin Oranges
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Spicy Chicken Biscuit Pineapple Tidbits * Beefy Nachos * Chicken Quesadilla Salsa / Sour Cream Tortilla Chips Green Beans Chilled Pears	Turkey Cheese Croissant Chilled Peaches *Beanie Weenies/Breadsticks * Sausage Egg Cheese Biscuit Oven Fried Potato Broccoli Cheese Sauce Fried Apples	Breakfast Pizza Golden Raisins *Spaghetti/Bread Stick * Fish Filet /Bun Seasoned Spinach Mixed Veggies Tropical Fruit Salad	Cinnamon Crumb Cake Mixed Fruit *Beef Veggie Soup/Corn Muffin *Hot Turkey Cheese Sandwich Black Eyed Peas Cabbage w/Carrots Pineapple Orange Cup	Pancake on Stick Chilled Pears *Wild Mikes Pizza * Marinara Dipping Sauce Sweet Potato Fries Roasted Broccoli Mandarin Oranges
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Cinnamon Bun Chilled Peaches *Pork BBQ/ Bun *Roasted Hotdog/ Roll Coleslaw, Baked Beans Golden Corn Golden Raisins	Sausage Egg Biscuit Tropical Fruit Salad * Zesty Orange Chicken * Bacon Cheeseburger Oriental Veggies. Fried Rice Glazed Carrots Pineapple Tidbits	Cinnamon Crumb Cake Mixed Fruit * Turkey /Gravy /Stuffing * Tuna Slider Yeast Rolls, Cranberry Sauce Collard Greens, Candied Yams Warm Apple Crisp	Pancakes w/ Syrup Chilled Diced Pears *Chicken Nuggets/Bread Stick *Sloppy Joe/Bun Roasted Broccoli Rocking Red Beans Vanilla Orange Parfait	ER Managers Choice
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
Monday, December 31				

Happy Holidays!

Available Daily:

Breakfast : Cereal, Graham Crackers, 100% Fruit Juice
Breakfast & Lunch : Canned & Fresh Fruit
 Flavored & unflavored 1 % Milk
Lunch : Yogurt Trio

Developed by School Nutrition Services, N.C. Department of Public Instruction.
 Northampton County Schools are equal opportunity providers and employers.
<http://childnutrition.ncpublicschools.gov>

