

Families Making the Connection

Wash Your Hands

Handwashing is one of the best ways to protect yourself and others from getting sick.

When should you wash your hands?

Wash your hands often, especially during key times when germs are likely to get on your hands and can easily spread to you or others:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after you treat 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 you touch an animal, its feed or waste
- After touching garbage

What is the right way to 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 the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds.
4. Rinse hands well under clean, running water.
5. Dry hands with a clean towel or air dry them.

Handwashing is the best way to prevent the spread of germs. If you do not have access to soap and water, use a hand sanitizer with at least 60% alcohol, until you can wash your hands.

Breakfast Menus for December 2020

	Tuesday, December 1	Wednesday, December 2	Thursday, December 3	Friday, December 4
	Whole Grain Bagel Cream Cheese Fresh Fruit	Whole Grain Blueberry, Banana or Apple Muffin Fresh Fruit	Whole Grain Pancakes Eggs Fresh Fruit	Whole Grain Croissant Fruit Jelly Fresh Fruit
Monday, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11
Whole Grain Cereal Fresh Fruit	Whole Grain Waffle Turkey Bacon Fresh Fruit	Whole Grain Blueberry, Banana or Apple Muffin Fresh Fruit	Whole Grain French Toast Turkey Sausage Fresh Fruit	Whole Grain Bagel Cream Cheese Fresh Fruit
Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18
Whole Grain Blueberry, Banana or Apple Muffin Fresh Fruit	Whole Grain Croissants Fruit Jelly Fresh Fruit	Whole Grain Cereal Fresh Fruit	Whole Grain Pancake Turkey Bacon Fresh Fruit	Hard Boiled Eggs Home Potatoes Dinner Roll Fresh Fruit
Monday, December 21	Tuesday, December 22	Wednesday, December 23	Thursday, December 24	Friday, December 25
Whole Grain Cereal Fresh Fruit	Whole Grain Bagel Cream Cheese Fresh Fruit	NO SCHOOL	NO SCHOOL	NO SCHOOL
Monday, December 28	Tuesday, December 29	Wednesday, December 30	Thursday, December 31	
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	 <p>Wash hands with soap and water for 20+ seconds each time</p> <p>#NCDHHS • #COVID19NC</p>

This institution is an equal opportunity provider.

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Lunch Menus for December 2020

	Tuesday, December 1	Wednesday, December 2	Thursday, December 3	Friday, December 4
	Meatloaf Gravy Mashed Potatoes Whole Grain Roll Fruit	Turkey Ham and Cheese Sandwich Green Salad Goldfish Crackers Fresh Fruit	Chicken Teriyaki Brown Rice Corn Fresh Fruit	Macaroni and Cheese Green Beans and Carrots Fresh Fruit
Monday, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11
Chicken Patty Sandwich Green Beans Fresh Fruit	Chicken Alfredo Pasta Corn Fresh Fruit	Turkey Bologna and Cheese Sandwich Romaine Lettuce and Tomato Salad Fresh fruit	Turkey Pepperoni Pizza Broccoli Fresh Fruit	Turkey Hot Dogs Baked Beans Fresh Fruit
Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18
Chicken Nuggets Whole Grain Roll Green Beans Fresh Fruit	Bean and Beef Chili Brown Rice Green Salad Fresh Fruit	Turkey Ham and Cheese Sandwich Garbanzo, Cucumber and Carrot Salad Fresh Fruit	Cheeseburger Potatoes Fresh Fruit	Spaghetti and Meatballs Carrots Fresh Fruit
Monday, December 21	Tuesday, December 22	Wednesday, December 23	Thursday, December 24	Friday, December 25
Chicken Drumsticks Corn Dinner Roll Fresh Fruit	Chicken Tacos Green Salad Taco Shells Fresh Fruit	NO SCHOOL	NO SCHOOL	NO SCHOOL
Monday, December 28	Tuesday, December 29	Wednesday, December 30	Thursday, December 31	
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	 <p>Wash hands with soap and water for 20+ seconds each time</p> <p>#NCORHS • #COVID19NC</p>

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