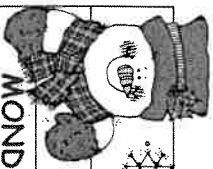







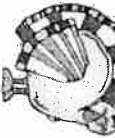










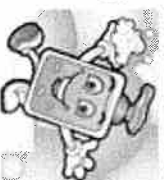
DECEMBER 2009 Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information
 MONDAY 30 Mini Cheese Burgers 	TUESDAY 1 TASTY TUESDAY! Cheese Pizza Bagel 	WEDNESDAY 2 Hot Diggity Dog (Turkey) 	THURSDAY 3 Orange Chicken with Brown Rice 	FRIDAY 4 Crispy Chicken Nuggets 	Calories 686 Protein 27.40 Fiber 4.59 Carbs 98.67 Iron 5.56 Calcium 472 % of Calories Vitamin A 4992 Tot. Fat 22.25 Vitamin C 40.31 Sat. Fat 6.04
NEW! 7 Chicken Taquitos 	NEW YORK 8 Pizza Strip 	9 Turkey Burger 	10 Teriyaki Beef Dippers with Brown Rice 	11 Sing in the Holidays Chicken RINGS 	Calories 673 Protein 27.57 Fiber 4.91 Carbs 95.77 Iron 5.49 Calcium 460.90 % of Calories Vitamin A 4972 Tot. Fat 22.02 Vitamin C 40.29 Sat. Fat 5.69
14 Chicken Patty Sliders with Mini Finger Potatoes 	15 Cheesy Breadsticks 	16 Yummy Corn Dog Mini Bites 	17 Orange Chicken with Brown Rice 	18 "Crunchy" Chicken Strips with Holiday Treat 	Calories 702 Protein 30.72 Fiber 5.07 Carbs 100.41 Iron 5.89 Calcium 441.30 % of Calories Vitamin A 5923 Tot. Fat 22.18 Vitamin C 37.41 Sat. Fat 5.04
no school 21 no school 28	no school 22 no school 29	no school 23 no school 30	no school 24 no school 31	25  * = VEGETARIAN ENTREES	* = VEGETARIAN ENTREES
DAILY:					
CRUNCH & MUNCH SIDES Students may select one or more side item with entrée: <ul style="list-style-type: none"> Variety of fresh and canned fruits Vegetables Snack items 					
CHOICE OF Moo-ARVELOUS MILK <ul style="list-style-type: none"> 1% Plain Fat Free Chocolate Milk 					
All Menus Subject to Change USDA and DMUSD are Equal Opportunity Providers and Employers					



NATIONAL HANDWASHING AWARENESS WEEK IS DECEMBER 6-12, 2009



Be a Germ Buster – Wash Your Hands!

Hand washing is the key step that both food preparers and meal participants can take in order to keep food safe and prevent the spread of disease. Hand-transmission is a critical factor in the spread of bacteria and viruses causing disease such as foodborne illness, colds and flu.

What happens if you do not wash your hands frequently? You can pick up germs from other sources such as food to hands, hands to food, hands to others and hands to objects. Your hands will infect you when you touch your eyes, nose or mouth.

How Should You Wash Your Hands?

- Wet hands with warm, running water.
- Apply soap to hands.
- Rub your hands vigorously together for 20 seconds (as long as it takes to sing the ABC song or to sing “Happy Birthday” twice all the way through).
 - > Palms
 - > Wrists
 - > Back of hands
 - > Between fingers
 - > Under fingernails
- Rinse soap from hands with warm water.
- Dry hands with a disposable paper towel.
- Turn off taps with paper towel.



Winter Joke:

Q: What do snowmen eat for breakfast?



A: Snowflakes!



Don't Be Caught Dirty Handed – When Should You Wash Your Hands?

BEFORE YOU

- Prepare or eat food
- Treat a cut or wound or tend to someone who is sick
- Insert or remove contact lenses

AFTER YOU

- Handle uncooked foods, including raw meat, poultry or fish
- Handle garbage
- Use the bathroom
- Change a diaper
- Blow your nose, cough or sneeze
- Touch the nose or eye
- Play with a pet or other animal
- Play outside
- Play with toys other children use
- Touch anything soiled with body fluids or wastes
- Anytime hands look, feel, or smell unclean



Fun Children's Activities

Visit this web link for downloadable fun activity sheets, comics, stickers, etc.:

<http://www.fda.gov/food/resources/You/Consumers/Kids/Teen/default.htm>

Choose Kids.gov

Eat Smart. Play Hard

