

Breakfast Menus for Asheville City Elementary December 2018

Families Making the Connection

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?

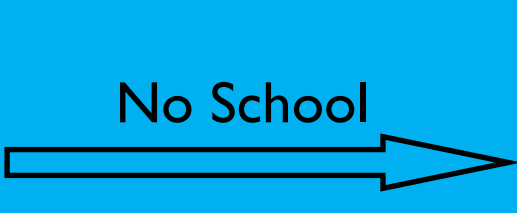


Wash your hands often, especially during key times when germs are likely to get on your hands and can easily spread to you or others:

- 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 60% alcohol-based hand sanitizer until you can wash your hands.

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
Breakfast French Toast Sticks, WG Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Chicken Biscuit Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Creamy Oatmeal w/ WG Toast Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast WG Banana Bread or Assorted Muffins Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Super Donut w/ Hard Boiled Egg Yogurt & WG Graham Crackers Or Variety of WG Cereals
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Breakfast Pancakes, WG Yogurt & WG Graham Crackers Or Variety of Cereals	Breakfast Sausage Biscuit Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Berry Parfaits Or Variety of WG Cereals	Breakfast Ham & Cheese Croissant Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Scrambled Eggs, WG Toast w/ Jam Yogurt & WG Graham Crackers Or Variety of WG Cereals
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Breakfast French Toast Sticks, WG Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Chicken Biscuit Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Creamy Oatmeal w/ WG Toast Yogurt & WG Graham Crackers Or Variety of WG Cereals		
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
 <h2 style="font-size: 2em;">Happy Winter Holidays!</h2> 				
Monday, December 31				
			Additional Menu Items: <ul style="list-style-type: none"> ▪ 1% and fat-free milk offered daily ▪ Fruits or 100% fruit juice are offered daily at meals ▪ Students may have unlimited amounts of fruits at breakfast (excludes juice) ▪ Fresh Fruits will be served at least two times per week at breakfast 	

December

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

Menu is subject to change based on product availability



Developed by School Nutrition Services, N.C. Department of Public Instruction.
 NCDPI and USDA are equal opportunity providers and employers. 05/18
<http://childnutrition.ncpublicschools.gov>

Breakfast Menus for Asheville City Preschools December 2018

Families Making the Connection

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 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 60% alcohol-based hand sanitizer until you can wash your hands.

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
Breakfast French Toast Sticks, WG Milk Fruit: _____	Breakfast Chicken Biscuit Milk Fruit: _____	Breakfast Creamy Oatmeal Milk Fruit: _____	Breakfast Breakfast Muffin, WG Milk Fruit: _____	Breakfast WG Cereal w/ String Cheese Milk Fruit: _____
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Breakfast Pancakes, WG Milk Fruit: _____	Breakfast Cheese Biscuit Milk Fruit: _____	Breakfast Berry Parfaits Milk Fruit: _____	Breakfast Ham & Cheese Croissant, WG Milk Fruit: _____	Breakfast WG Cereal w/ String Cheese Milk Fruit: _____
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Breakfast French Toast Sticks, WG Milk Fruit: _____	Breakfast Chicken Biscuit Milk Fruit: _____	Breakfast Creamy Oatmeal Milk Fruit: _____	<h2 style="margin: 0;">No School</h2>	
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
<div style="display: flex; justify-content: space-between; align-items: center;"> <h1 style="margin: 0;">Happy Winter Holidays!</h1> </div>				
Monday, December 31				
			Additional Menu Items: <ul style="list-style-type: none"> ▪ 1% and fat-free milk offered daily. ▪ Fresh or chilled fruit offered daily. 	

December

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

Menu is subject to change based on product availability



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Breakfast Menus for Breakfast in the Classroom & Primary School December 2018

Families Making the Connection

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 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 60% alcohol-based hand sanitizer until you can wash your hands.

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
Breakfast Banana Bread, WG	Breakfast Chicken Biscuit	Breakfast Mini Maple Pancakes, WG	Breakfast Graham Crackers, WG w/ Yogurt	Breakfast WG Cereal w/ String Cheese
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Breakfast Mini Maple Waffles, WG	Breakfast Sausage Biscuit	Breakfast Ham & Cheese Croissant, WG	Breakfast French Toast Sticks, WG	Breakfast WG Cereal w/ String Cheese
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Breakfast Banana Bread, WG	Breakfast Chicken Biscuit	Breakfast Mini Maple Pancakes, WG		
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
 <h2 style="font-size: 2em;">Happy Winter Holidays!</h2> 				
Monday, December 31				
			Additional Menu Items: <ul style="list-style-type: none"> ▪ 1% and fat-free milk offered daily. ▪ Fresh or chilled fruit offered daily. 	

December

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

Menu is subject to change based on product availability



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Breakfast Menus for Asheville City Middle Schools 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>

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
Breakfast French Toast Sticks, WG Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Chicken Biscuit Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Creamy Oatmeal w/ WG Toast Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast WG Banana Bread or Assorted Muffins Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Super Donut w/ Hard Boiled Egg Yogurt & WG Graham Crackers Or Variety of WG Cereals
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Breakfast Pancakes, WG Yogurt & WG Graham Crackers Or Variety of Cereals	Breakfast Sausage Biscuit Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Berry Parfaits Or Variety of WG Cereals	Breakfast Ham & Cheese Croissant Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Scrambled Eggs, WG Toast w/ Jam Yogurt & WG Graham Crackers Or Variety of WG Cereals
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Breakfast French Toast Sticks, WG Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Chicken Biscuit Yogurt & WG Graham Crackers Or Variety of WG Cereals	Breakfast Creamy Oatmeal w/ WG Toast Yogurt & WG Graham Crackers Or Variety of WG Cereals	<h2 style="margin: 0;">No School</h2> 	
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
<h1 style="margin: 0;">Happy Winter Holidays!</h1>  				
Monday, December 31				
			Additional Menu Items: <ul style="list-style-type: none"> ▪ 1% and fat-free milk offered daily ▪ Fruits or 100% fruit juice are offered daily at meals ▪ Students may have unlimited amounts of fruits at breakfast (excludes juice) ▪ Fresh Fruits will be served at least two times per week at breakfast 	

Menu is subject to change based on product availability

December

- Pear Month



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Breakfast Menus for Asheville City High Schools 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>

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
<u>Main line</u> Sausage or Chicken Biscuit <u>Breakfast Cart</u> Sausage or Chicken Biscuit	<u>Main line</u> Super Donut w/ Hard Boiled Egg <u>Breakfast Cart</u> Jelly Biscuits	<u>Main line</u> Creamy Oatmeal w/ WG Toast Egg & Cheese Toast Sandwich <u>Breakfast Cart</u> Egg & Cheese Toast Sandwich	<u>Main line</u> WG Banana Bread or Assorted Muffins <u>Breakfast Cart</u> WG Banana Bread or Assorted Muffins	<u>Main line</u> Biscuits & Gravy <u>Breakfast Cart</u> Jelly Biscuits
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
<u>Main line</u> Pancakes, WG <u>Breakfast Cart</u> Mini Pancakes	<u>Main line</u> Berry Parfaits <u>Breakfast Cart</u> Berry Parfaits	<u>Main line</u> Ham and Cheese Croissant <u>Breakfast Cart</u> Ham and Cheese Croissant	<u>Main line</u> French Toast Sticks, WG Sausage & Egg Biscuit <u>Breakfast Cart</u> French Toast Sticks, WG, IW Sausage & Egg Biscuit	<u>Main line</u> Scrambled Eggs, Bacon, WG Toast <u>Breakfast Cart</u> Bacon, Egg & Cheese Biscuit
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
<u>Main line</u> Sausage or Chicken Biscuit <u>Breakfast Cart</u> Sausage or Chicken Biscuit	<u>Main line</u> Super Donut w/ Hard Boiled Egg <u>Breakfast Cart</u> Jelly Biscuits	<u>Main line</u> Creamy Oatmeal w/ WG Toast Egg & Cheese Toast Sandwich <u>Breakfast Cart</u> Egg & Cheese Toast Sandwich	<div style="background-color: #00aaff; color: white; padding: 20px; border-radius: 10px;"> <h2 style="margin: 0;">No School</h2>  </div>	
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
<div style="display: flex; justify-content: space-between; align-items: center;">  <h1 style="margin: 0;">Happy Winter Holidays!</h1>  </div>				
Monday, December 31				
<div style="background-color: #00aaff; color: white; padding: 20px; border-radius: 10px;">  </div>			<p style="text-align: center;">Additional Menu Items:</p> <ul style="list-style-type: none"> ▪ Yogurt, Graham Crackers and WG Cereals offered daily on main line and breakfast cart ▪ 1% and fat-free milk offered daily ▪ Fruits or 100% fruit juice are offered daily at meals ▪ Students may have unlimited amounts of fruits at breakfast (excludes juice) ▪ Fresh Fruits will be served at least two times per week at breakfast 	

Menu is subject to change based on product availability

December

- Pear Month



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