

Lunch Menus for Asheville City Elementary & Primary Schools 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
Mandarin Chicken w/ Asian Rice Or Crispy Chicken Tender Salad Carrot Coins Green Peas Mandarin Oranges, Milk	Spaghetti w/ Meat Sauce & Texas Toast Or Hot Ham & Cheese Sandwich, Roasted Broccoli Parmesan Garden Salad Fruit Cup	Baked Fried Chicken Or Baked Sliced Ham WG Roll Baked Sweet Potatoes Collard Greens Pineapple Tidbits Milk	Hamburger/ Cheeseburger Lettuce, Tomato, Pickles Or Gourmet Grilled Cheese Baked Beans, Tater Tots Baked Pears Milk	Pizza Day! Cheese Or Pepperoni Pizza Golden Corn Spinach Salad Fresh Fruit Milk
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Pizza Dippers w/ Marinara Sauce Or Chili Dog Broccoli w/ Cheese Sauce, Golden Corn Fresh Fruit Milk	Beef & Mac & Texas Toast Or Deli Turkey & Cheese Seasoned Green Beans Caesar Salad Fruit Cup Milk	Winter Holiday Meal Baked Ham Mac and Cheese NC Grown Collard Greens NC Grown Sweet Potatoes Whole Grain Roll Fruit Cobbler Seasonal Fresh Fruit 1% or Fat Free Milk	Chicken & Waffles Or Hot Ham & Cheese Sandwich Scalloped Potatoes Sautéed Turnip Greens Mixed Fruit Milk	Pizza Day! Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit Milk
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Or Hot Ham & Cheese Sandwich Veggie Beans, Waffle Fries, Fresh Fruit, Milk	Beef & Cheese Nachos Or Bean and Cheese Burrito Lettuce & Salsa Cup Cherry Tomato & Corn Salad, Refried Beans Fruit Cup Milk	Early Release Bagged Lunch	No School 	
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
 Happy Winter Holidays! 				
Monday, December 31				
			Additional Menu Items: <ul style="list-style-type: none"> • Yogurt & Cheese Sticks offered daily • 1% and fat-free milk offered daily • Students may have unlimited amounts of fruits and vegetables at lunch (excludes potatoes and juice) • Local fruits and/or vegetables served weekly 	

December

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

Source: www.cdc.gov



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>

Menu is subject to change based on product availability

Lunch 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
Mandarin Chicken w/ Asian Rice Green Peas Mandarin Oranges, Milk Snack: Muffin, WG & Milk	Spaghetti w/ Meat Sauce & Texas Toast Roasted Broccoli Parmesan Milk Fruit: _____ Snack: Popcorn & Milk	Baked Ham WG Roll Collard Greens Pineapple Tidbits Milk Snack: Fresh Vegetable, Cheese Stick & Raisins	Hamburger/ Cheeseburger Lettuce, Tomato, Pickles Tater Tots Baked Pears, Milk Snack: Tortilla Chips w/ Salsa & Cheese Stick	Pizza Day! Cheese Pizza Spinach Salad Fresh Fruit Milk Snack: Yogurt & Graham Crackers
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Pizza Dippers w/ Marinara Sauce Broccoli w/ Cheese Sauce Fresh Fruit Milk Snack: Apple Slices, Pretzels, Milk	Beef & Mac & Texas Toast Caesar Salad Milk Fruit: _____ Snack: Cheez Its & Milk	<u>Winter Holiday Meal</u> Baked Ham Mac and Cheese NC Grown Collard Greens NC Grown Sweet Potatoes Whole Grain Roll Fruit Cobbler Seasonal Fresh Fruit 1% or Fat Free Milk Fruit: _____ Snack: Fresh Vegetable, Cheese Stick & Raisins	Chicken & Waffles Sautéed Turnip Greens Milk Snack: Goldfish, Fresh Fruit	Pizza Day! Cheese Pizza Baby Carrots w/ dip Fresh Fruit Milk Snack: Yogurt & Graham Crackers
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Waffle Fries, Milk Snack: Muffin, WG & Milk	Bean and Cheese Burrito Cherry Tomato & Corn Salad Milk Fruit: _____ Snack: Popcorn & Milk	Early Release Bagged Lunch	<h2>No School</h2> 	
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
 <h1>Happy Winter Holidays!</h1> 				
Monday, December 31			Additional Menu Items: <ul style="list-style-type: none"> • 1% and fat-free milk offered daily • Fresh and Local fruits and vegetables offered weekly 	

Menu is subject to change based on product availability

December

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



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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Lunch Menus for Montford North Star Academy 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
Mandarin Chicken w/ Asian Rice & Egg Roll Or Crispy Chicken Tender Salad Carrot Coins Green Peas Mandarin Oranges, Milk	Spaghetti w/ Meat Sauce Texas Toast Or Hot Ham & Cheese Sandwich, Roasted Broccoli Parmesan Garden Salad Fruit Cup, Milk	Baked Fried Chicken Or Sliced Ham WG Roll Baked Sweet Potatoes Collard Greens Pineapple Tidbits Milk	Hamburger/ Cheeseburger Or Gourmet Grilled Cheese Lettuce, Tomato, Pickles Baked Beans, Tater Tots Baked Pears, Milk	Pizza Day! Meatlovers' Pizza or Cheese Or Pepperoni Pizza Golden Corn Spinach Salad Fresh Fruit Milk
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Pizza Dippers w/ Marinara Sauce Or Chili Dog Broccoli w/ Cheese Sauce, Golden Corn Fresh Fruit Milk	Beef & Mac w/ Texas Toast Or Deli Turkey & Cheese Seasoned Green Beans Caesar Salad Fruit Cup Milk	Winter Holiday Meal Baked Ham Mac and Cheese NC Grown Collard Greens NC Grown Sweet Potatoes Whole Grain Roll Fruit Cobbler Seasonal Fresh Fruit 1% or Fat Free Milk	Chicken & Waffles Or Hot Ham & Cheese Sandwich Scalloped Potatoes Sautéed Turnip Greens Mixed Fruit Milk	Pizza Day! Chicken Buffalo Pizza Or Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit Milk
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Or Hot Ham & Cheese Sandwich Veggie Beans, Waffle Fries, Fresh Fruit, Milk	Beef & Cheese Nachos Or Bean and Cheese Burrito Lettuce & Salsa Cup Cherry Tomato & Corn Salad, Refried Beans Fruit Cup Milk	Pizza Day! Chicken Quesadilla Pizza Or Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit, Milk Early Release	No School 	
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
		Happy Winter Holidays! 		
Monday, December 31				Additional Menu Items: <ul style="list-style-type: none"> ▪ Yogurt & Cheese Sticks offered daily ▪ 1% and fat-free milk offered daily ▪ Students may have unlimited amounts of fruits & vegetables at lunch (excludes potatoes) ▪ Fresh & local fruits and vegetables will be served weekly

December

- Pear Month

Menu is subject to change based on product availability



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Lunch Menus for Asheville Middle School 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
Mandarin Chicken w/ Asian Rice & Egg Roll Or Crispy Chicken Tender Salad Carrot Coins Green Peas Mandarin Oranges, Milk	Spaghetti w/ Meat Sauce Texas Toast Or Hot Ham & Cheese Sandwich, Roasted Broccoli Parmesan Garden Salad Fruit Cup, Milk	Baked Fried Chicken Or Sliced Ham WG Roll Baked Sweet Potatoes Collard Greens Pineapple Tidbits Milk	Hamburger/ Cheeseburger Or Gourmet Grilled Cheese Lettuce, Tomato, Pickles Baked Beans, Tater Tots Baked Pears, Milk	Pizza Day! Meatlovers' Pizza or Cheese Or Pepperoni Pizza Golden Corn Spinach Salad Fresh Fruit Milk
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Pizza Dippers w/ Marinara Sauce Or Chili Dog Broccoli w/ Cheese Sauce, Golden Corn Fresh Fruit Milk	Beef & Mac w/ Texas Toast Or Deli Turkey & Cheese Seasoned Green Beans Caesar Salad Fruit Cup Milk	Winter Holiday Meal Baked Ham Mac and Cheese NC Grown Collard Greens NC Grown Sweet Potatoes Whole Grain Roll Fruit Cobbler Seasonal Fresh Fruit 1% or Fat Free Milk	Chicken & Waffles Or Hot Ham & Cheese Sandwich Scalloped Potatoes Sautéed Turnip Greens Mixed Fruit Milk	Pizza Day! Chicken Buffalo Pizza Or Cheese Or Pepperoni Pizza Golden Corn Baby Carrots w/ dip Fresh Fruit Milk
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Or Hot Ham & Cheese Sandwich Veggie Beans, Waffle Fries, Fresh Fruit, Milk	Beef & Cheese Nachos Or Bean and Cheese Burrito Lettuce & Salsa Cup Cherry Tomato & Corn Salad, Refried Beans Fruit Cup Milk	Early Release Bagged Lunch	No School 	
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
				
Monday, December 31				
			<p>Additional Menu Items:</p> <ul style="list-style-type: none"> ▪ Yogurt & Cheese Sticks offered daily ▪ 1% and fat-free milk offered daily ▪ Students may have unlimited amounts of fruits & vegetables at lunch (excludes potatoes) ▪ Fresh & local fruits and vegetables will be served weekly ▪ Cheese & Pepperoni Pizza offered daily at AMS 	

Menu is subject to change based on product availability

December

- Pear Month



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Lunch 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
Mandarin Chicken w/ Asian Rice & Egg Roll Or Crispy Chicken Tender Salad Carrot Coins Green Peas Mandarin Oranges Milk	Spaghetti w/ Meat Sauce & Texas Toast Or Deli Boxed Sandwich Roasted Broccoli Parmesan Romaine Salad Fruit Cup Milk	Baked Fried Chicken or Baked Sliced Ham WG Roll Baked Sweet Potatoes Collard Greens Pineapple Tidbits Milk	Double Cheeseburger Lettuce, Tomato, Pickles Or Gourmet Grilled Cheese Baked Beans, Tater Tots Baked Pears Milk	Meat Lovers Pizza Or Buffalo Chicken Wings Garlic Knot Crinkle Fries Spinach Salad Fresh Fruit Milk
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Pizza Dippers w/ Marinara Sauce Or Chili Dog Broccoli w/ Cheese Sauce, Golden Corn Fresh Fruit Milk	Beef & Mac w/ Texas Toast Or Deli Boxed Sandwich Seasoned Green Beans Caesar Salad Fruit Cup Milk	Winter Holiday Meal Baked Ham Mac and Cheese NC Grown Collard Greens NC Grown Sweet Potatoes Whole Grain Roll Fruit Cobbler Seasonal Fresh Fruit 1% or Fat Free Milk	Chicken & Waffles Or Hot Ham & Cheese Scalloped Potatoes Sautéed Turnip Greens Mixed Fruit Milk	Chicken Buffalo Pizza Or Buffalo Chicken Wings Garlic Knot Crinkle Fries Baby Carrots w/ dip Fresh Fruit Milk
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Crispy Chicken Sandwich w/ Lettuce/Tomato/Pickle Or Hot Ham & Cheese Sandwich Veggie Beans, Waffle Fries, Fresh Fruit, Milk	Beef & Cheese Nachos Or Bean and Cheese Burrito Lettuce & Salsa Cup Cherry Tomato & Corn Salad, Refried Beans Fruit Cup Milk	Chicken Quesadilla Pizza Or Buffalo Chicken Wings Garlic Knot Crinkle Fries Baby Carrots w/ dip Fresh Fruit Milk Early Release	No School 	
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
		Happy Winter Holidays! 		
Monday, December 31			Additional Menu Items:	
			<ul style="list-style-type: none"> • Cheese and Pepperoni Pizza ▪ Students may have unlimited amounts of fruits & vegetables at lunch (excludes potatoes) ▪ Fresh & local fruits and vegetables will be served weekly ▪ Deli Boxes offered on Tuesday's! ▪ Yogurt & Cheese Sticks offered daily 	

December

- Pear Month

Menu is subject to change based on product availability



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After School Snack Program 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
Fresh Apple Pretzels	Cheez Its Milk	Goldfish Fresh Fruit	Cheese Stick, Juice, 6 oz	Yogurt Graham Crackers
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Blueberry Muffin Milk	Popcorn Juice, 6 oz	Tortilla Chips w/ Salsa & Cheese Stick	Fresh Vegetable, Raisins, Juice, 6 oz	Cereal Milk
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Fresh Apple Pretzels	Cheez Its Milk	Early Release	<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				
				

December

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

Menu is subject to change based on product availability



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