

Creative Minds Menu for December 2020 [BREAKFAST]

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.

		Tuesday, December 1	Wednesday, December 2	Thursday, December 3	Friday, December 4	Saturday, December 5
		Assorted Whole Grain Cereal Fresh Fruit	Whole Grain Bagel Cream Cheese Fresh Fruit	Whole Grain Waffle Turkey Bacon Fresh Fruit	Oatmeal Fresh Fruit	Assorted Whole Grain Cereal Fresh Fruit
Sunday, December 6	Monday, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11	Saturday, December 12
Mozzarella Cheese String Graham Cookie Fresh Fruit	Whole Grain Bagel Cream Cheese Fresh Fruit	Whole Grain Fruit Muffin Fresh Fruit	Assorted Whole Grain Cereal Fresh Fruit	Whole Grain French Toast Turkey Bacon Fresh Fruit	Whole Grain Croissant Fruit Jelly Fresh Fruit	Oatmeal Fresh Fruit
Sunday, December 13	Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18	Saturday, December 19
Whole Grain Fruit Muffin Fresh Fruit	Assorted Whole Grain Cereal Fresh Fruit	Whole Grain Bagel Cream Cheese Fresh Fruit	Whole Grain Fruit Muffin Fresh Fruit	Oatmeal Fresh Fruit	Whole Grain Pancake Turkey Breakfast Sausage Fresh Fruit	Assorted Whole Grain Cereal Fresh Fruit
Sunday, December 20	Monday, December 21	Tuesday, December 22	Wednesday, December 23	Thursday, December 24	Friday, December 25	Saturday, December 26
Whole Grain Bagel Cream Cheese Fresh Fruit	Whole Grain Fruit Muffin Fresh Fruit	Assorted Whole Grain Cereal Fresh Fruit	Mozzarella Cheese String Graham Cookie Fresh Fruit	Oatmeal Fresh Fruit	Whole Grain Croissants Fruit Jelly	Assorted Whole Grain Cereal Fresh Fruit
Sunday, December 27	Monday, December 28	Tuesday, December 29	Wednesday, December 30	Thursday, December 31		
Whole Grain Fruit Muffin Fresh Fruit	Whole Grain Bagel Cream Cheese Fresh Fruit	Assorted Whole Grain Cereal Fresh Fruit	Oatmeal Fresh Fruit	Whole Grain French Toast Turkey Bacon Fresh Fruit	 <p>Wash hands with soap and water for 20+ seconds each time</p>	

This institution is an equal opportunity provider.

Creative Minds Menu for December 2020 [LUNCH]

Families Making the Connection

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		Tuesday, December 1	Wednesday, December 2	Thursday, December 3	Friday, December 4	Saturday, December 5
		Cheeseburger on Whole Grain Bun Potato Fries Fresh Fruit	Pizza Carrot Sticks Granola Bar Fresh Fruit	Chicken Drumstick Dinner Roll Mixed Vegetables Fresh Fruit	Turkey Ham and Cheese Sandwich Celery Stick Fresh Fruit	Sunbutter & Jelly Sandwich Broccoli Florets Granola Bar Fresh Fruit
Sunday, December 6	Monday, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11	Saturday, December 12
Cheese Pizza Beans Fresh Fruit	Chicken Salad Whole Grain Bread Carrot Sticks Fresh Fruit	Chicken Patty Sandwich Beans Granola Bar Fresh Fruit	Sunbutter & Jelly Sandwich Corn Fresh Fruit	Turkey Bologna and Cheese Sandwich Carrot Stick Fresh Fruit	Chicken Nuggets Whole Grain Roll Corn Fresh Fruit	Mozzarella Cheese String Pretzels Beans Fresh Fruit
Sunday, December 13	Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18	Saturday, December 19
Tuna Salad Whole Grain Bread Carrot Sticks Fresh Fruit	Chicken Patty Sandwich Broccoli Florets Goldfish Fresh Fruit	Sunbutter & Jelly Sandwich Beans Fresh Fruit	Chicken Salad Whole Grain Bread Carrot Sticks Goldfish Fresh Fruit	Mozzarella Cheese String Pretzels Corn Fresh Fruit	Turkey Hot Dogs Hot Dog Roll Beans Fresh Fruit	Sunbutter & Jelly Sandwich Broccoli Florets Granola Bar Fresh Fruit
Sunday, December 20	Monday, December 21	Tuesday, December 22	Wednesday, December 23	Thursday, December 24	Friday, December 25	Saturday, December 26
Chicken Salad Whole Grain Bread Celery Sticks Fresh Fruit	Turkey Bologna and Cheese Sandwich Carrot Sticks Fresh Fruit	Cheese Pizza Garbanzo Beans Fresh Fruit	Sunbutter & Jelly Sandwich Carrot Sticks Graham Cookie Fresh Fruit	Roasted Turkey Mashed Potatoes Dinner Roll Green Beans Fresh Fruit	Chicken Patty Sandwich Carrot Sticks Granola Bar Fruit Jelly	Turkey Bologna and Cheese Sandwich Broccoli Fresh Fruit
Sunday, December 27	Monday, December 28	Tuesday, December 29	Wednesday, December 30	Thursday, December 31	 <p>Wash hands with soap and water for 20+ seconds each time</p>	
Cheeseburger Potatoes Granola Bar Fresh Fruit	American Cheese Whole Grain Bread Tomato Soup Carrot Sticks Fresh Fruit Goldfish Cracker	Sunbutter & Jelly Sandwich Mixed Vegetables Fresh Fruit	Cheese Pizza Carrot Sticks Granola Bar Fresh Fruit	Meatloaf Mashed Potatoes Dinner Roll Gravy Green Beans Fresh Fruit		

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Creative Minds No Nuts, No Seeds, Special Menu for December 2020

Families Making the Connection

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		Assorted Whole Grain Cereal Fresh Fruit	Whole Grain Bagel Cream Cheese Fresh Fruit	Whole Grain Waffle Turkey Bacon Fresh Fruit	Oatmeal Fresh Fruit	Assorted Whole Grain Cereal Fresh Fruit
Sunday, December 6	Monday, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11	Saturday, December 12
Mozzarella Cheese String Graham Cookie Fresh Fruit	Whole Grain Bagel Cream Cheese Fresh Fruit	Whole Grain Fruit Muffin Fresh Fruit	Assorted Whole Grain Cereal Fresh Fruit	Whole Grain French Toast Turkey Bacon Fresh Fruit	Whole Grain Croissant Fruit Jelly Fresh Fruit	Oatmeal Fresh Fruit
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Sunday, December 6	Monday, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11	Saturday, December 12
Cheese Pizza Broccoli Fresh Fruit	Chicken Salad Whole Grain Bread Carrot Sticks Fresh Fruit	Chicken Patty Sandwich Broccoli Graham Cookie or Goldfish Cracker Fresh Fruit	Turkey Ham and Cheese Sandwich Corn Fresh Fruit	Turkey Bologna and Cheese Sandwich Carrot Sticks Fresh Fruit	Chicken Nuggets Whole Grain Roll Corn Fresh Fruit	Mozzarella Cheese String Pretzels Carrot Stick Fresh Fruit
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