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.

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			Tuesday, December 1	Wednesday, December 2	Thursday, December 3	Friday, December 4	Saturday, December 5
			Assorted Whole	Whole Grain	Whole Grain	Oatmeal	Assorted Whole
0			Grain Cereal	Bagel	Waffle	Fresh Fruit	Grain Cereal
			Fresh Fruit	Cream Cheese	Turkey Bacon		Fresh Fruit
				Fresh Fruit	Fresh Fruit		
,	Sunday, December 6	Monday, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11	Saturday, December 12
	Mozzarella	Whole Grain	Whole Grain	Assorted Whole	Whole Grain	Whole Grain	Oatmeal
	Cheese String	Bagel	Fruit Muffin	Grain Cereal	French Toast	Croissant	Fresh Fruit
	Graham Cookie	Cream Cheese	Fresh Fruit	Fresh Fruit	Turkey Bacon	Fruit Jelly	
	Fresh Fruit	Fresh Fruit			Fresh Fruit	Fresh Fruit	
9							
	Sunday, December 13	Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18	Saturday, December 19
			-		-	Whole Grain	
	Whole Grain	Assorted Whole	Whole Grain	Whole Grain	Oatmeal	Pancake	Assorted Whole
	Fruit Muffin	Grain Cereal	Bagel	Fruit Muffin	Fresh Fruit	Turkey	Grain Cereal
	Fresh Fruit	Fresh Fruit	Cream Cheese	Fresh Fruit		Breakfast	Fresh Fruit
			Fresh Fruit			Sausage	
						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	Whole Grain	Assorted Whole	Mozzarella	Oatmeal	Whole Grain Croissants	Assorted Whole
	Bagel	Fruit Muffin	Grain Cereal	Cheese String	Fresh Fruit	Fruit Jelly	Grain Cereal
	Cream Cheese	Fresh Fruit	Fresh Fruit	Graham Cookie			Fresh Fruit
	Fresh Fruit			Fresh Fruit			
	Sunday, December 27	Monday, December 28	Tuesday, December 29	Wednesday, December 30	Thursday, December 31		
	Whole Grain	Whole Grain	Assorted Whole	Oatmeal	Whole Grain		
	Fruit Muffin	Bagel	Grain Cereal	Fresh Fruit	French Toast	Wash	hands ap and
	Fresh Fruit	Cream Cheese	Fresh Fruit		Turkey Bacon	wate	
		Fresh Fruit			Fresh Fruit	20+ se	conds
						each	time

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Creative Minds Menu for Decem	ber 2020 [LUNCH]
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			Tuesday, December 1	Wednesday, December 2	Thursday, December 3	Friday, December 4	Saturday, December 5
			Cheeseburger	Pizza	Chicken	Turkey Ham and	Sunbutter & Jelly
to			on Whole Grain	Carrot Sticks	Drumstick	Cheese	Sandwich
			Bun	Granola Bar	Dinner Roll	Sandwich	Broccoli Florets Granola Bar
			Potato Fries	Fresh Fruit	Mixed Vegetables	Celery Stick	Fresh Fruit
			Fresh Fruit		Fresh Fruit	Fresh Fruit	ricontruit
ely	Sunday, December 6	Monday, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11	Saturday, December 12
	Cheese Pizza	Chicken Salad	Chicken Patty	Sunbutter & Jelly	Turkey Bologna	Chicken Nuggets	Mozzarella
~	Beans	Whole Grain	Sandwich	Sandwich	and Cheese	Whole Grain Roll	Cheese String
g	Fresh Fruit	Bread	Beans	Corn	Sandwich	Corn	Pretzels
ne		Carrot Sticks	Granola Bar	Fresh Fruit	Carrot Stick	Fresh Fruit	Beans
lie		Fresh Fruit	Fresh Fruit		Fresh Fruit		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	Chicken Patty	Sunbutter &	Chicken Salad	Mozzarella	Turkey Hot Dogs	Sunbutter &
	Whole Grain	Sandwich	Jelly	Whole Grain	Cheese String	Hot Dog Roll	Jelly Sandwich
or	Bread	Broccoli Florets	Sandwich	Bread	Pretzels	Beans	Broccoli Florets
Ł	Carrot Sticks	Goldfish	Beans	Carrot Sticks	Corn	Fresh Fruit	Granola Bar
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Goldfish	Fresh Fruit		Fresh Fruit
				Fresh Fruit			
	Sunday, December 20	Monday, December 21	Tuesday, December 22	Wednesday, December 23	Thursday, December 24	Friday, December 25	Saturday, December 26
ng	Chicken Salad	Turkey Bologna	Cheese Pizza	Sunbutter & Jelly	Roasted Turkey	Chicken Patty	Turkey Bologna
	Whole Grain	and Cheese	Garbanzo Beans	Sandwich	Mashed	Sandwich	and Cheese
2	Bread	Sandwich	Fresh Fruit	Carrot Sticks	Potatoes Dinner Roll	Carrot Sticks Granola Bar	Sandwich
Ir	Celery Sticks	Carrot Sticks		Graham Cookie	Green Beans	Fruit Jelly	Broccoli
	Fresh Fruit	Fresh Fruit		Fresh Fruit	Fresh Fruit	-	Fresh Fruit
	Sunday, December 27	Monday, December 28	Tuesday, December 29	Wednesday, December 30	Thursday, December 31		
	Cheeseburger	American Cheese	Sunbutter &	Cheese Pizza	Meatloaf	Wash h	
r	Potatoes	Whole Grain Bread	Jelly Sandwich	Carrot Sticks	Mashed	with soa water	
	Granola Bar Fresh Fruit	Tomato Soup Carrot Sticks	Mixed	Granola Bar	Potatoes	20+ sec	conds
ło	FICSH FIUIL	Fresh Fruit	Vegetables Fresh Fruit	Fresh Fruit	Dinner Roll Gravy	eacht	ime
ise		Goldfish Cracker			Green Beans		
ds.					Fresh Fruit		

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

			Tuesday, December 1	Wednesday, December 2	Thursday, December 3	Friday, December 4	Saturday, December 5
			Assorted Whole	Whole Grain	Whole Grain	Oatmeal	Assorted Whole
o			Grain Cereal	Bagel	Waffle	Fresh Fruit	Grain Cereal
.0			Fresh Fruit	Cream Cheese	Turkey Bacon		Fresh Fruit
				Fresh Fruit	Fresh Fruit		
				ricontrat	rrestricture		
/	Sunday, December 6	Monday, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11	Saturday, December 12
	Mozzarella	Whole Grain	Whole Grain	Assorted Whole	Whole Grain	Whole Grain	Oatmeal
	Cheese String	Bagel	Fruit Muffin	Grain Cereal	French Toast	Croissant	Fresh Fruit
	Graham Cookie	Cream Cheese	Fresh Fruit	Fresh Fruit	Turkey Bacon	Fruit Jelly	
	Fresh Fruit	Fresh Fruit			Fresh Fruit	Fresh Fruit	
e							
	Sunday, December 13	Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18	Saturday, December 19
	Whole Grain	Assorted Whole			-	Whole Grain	
	Fruit Muffin	Grain Cereal	Whole Grain	Whole Grain	Oatmeal	Pancake	Assorted Whole
			Bagel	Fruit Muffin	Fresh Fruit	Turkey	Grain Cereal
	Fresh Fruit	Fresh Fruit	Cream Cheese	Fresh Fruit		Breakfast	Fresh Fruit
			Fresh Fruit			Sausage	
						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	Whole Grain	Assorted Whole	Mozzarella	Oatmeal	Whole Grain	Assorted Whole
	Bagel	Fruit Muffin	Grain Cereal	Cheese String	Fresh Fruit	Croissants	Grain Cereal
	Cream Cheese	Fresh Fruit	Fresh Fruit	Graham Cookie		Fruit Jelly	Fresh Fruit
	Fresh Fruit			Fresh Fruit			
	Sunday, December 27	Monday, December 28	Tuesday, December 29	Wednesday, December 30	Thursday, December 31		
	Whole Grain	Whole Grain	Assorted Whole	Oatmeal	Whole Grain	Y	
	Fruit Muffin	Bagel	Grain Cereal	Fresh Fruit	French Toast	Wash	hands
	Fresh Fruit	Cream Cheese	Fresh Fruit	rresirriuit	Turkey Bacon	with so	
	FIESH FIUIL	Fresh Fruit	Fresh Fruit		-	wate	
		riesii riuli			Fresh Fruit	20+ se each	

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		Tuesday, December 1	Wednesday, December 2	Thursday, December 3	Friday, December 4	Saturday, December 5
		Cheeseburger on Whole Grain	Pizza Carrot Sticks	Chicken Drumstick	Turkey Ham and Cheese	Cheeseburger Potatoes Graham Cookie or
		Bun Potato Fries Fresh Fruit	Granola Bar Fresh Fruit	Dinner Roll Corn Fresh Fruit	Sandwich Celery Stick Fresh Fruit	Goldfish Cracker 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 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
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 Goldfish Fresh Fruit	Cheese Pizza Corn 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 Celery Fresh Fruit	Cheeseburger Potatoes Graham Cookie 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 Fresh Fruit	Turkey Bologna and Cheese Sandwich Carrot Sticks Fresh Fruit	Cheese Pizza Broccoli Fresh Fruit	Turkey Ham and Cheese Sandwich Carrot Sticks Fresh Fruit	Roasted Turkey Mashed Potatoes Dinner Roll Fresh Fruit	Chicken Patty Sandwich Carrot Sticks Graham Cookie 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		
Cheeseburger Potatoes Graham Cookie Fresh Fruit	American Cheese Whole Grain Bread Tomato Soup Carrot Sticks Fresh Fruit Goldfish Cracker	Turkey Bologna Sandwich Corn Fresh Fruit	Cheese Pizza Carrot Sticks Graham Cookie Fresh Fruit	Meatloaf Mashed Potatoes Dinner Roll Gravy Fresh Fruit	Wash I with so wate 20+ se each	ap and r for conds