**WASH YOUR HANDS!**

Handwashing is the most important way to reduce the spread of germs that make people sick. In fact, it can reduce the amount of respiratory illness by 21% and digestive illnesses by 31%. These diseases can be particularly severe or life-threatening for babies and children, the elderly, and those with weakened immune systems, such as cancer patients. Make hand-washing a priority, but also fun by singing while hand-washing or by using fun soaps. Wash your hands several times a day including:

1. After playing with pets.
2. After using the restroom.
3. After sneezing, blowing your nose, and coughing.
4. After playing outside.
5. Before and after touching a cut or open sore.
6. Before and after eating or preparing food.
7. Always after using the toilet.

Below is the correct procedure for washing hands correctly:

1. Wet your hands with warm water.
2. Lather up with soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for 20 seconds (about the time it takes to say the alphabet slowly or the happy birthday song twice).

**Cycle 6**

**Monday, October 7**

**Breakfast**
- 57 Glazed Dutch Waffle
- 14 Apple juice cup

**Lunch**
- 18 Sea Treasures
- 2 Fresh Grape Tomatoes
- 15 Salsa Spuds
- 20 Breadsticks
- 14 Chilled Pears

**Cycle 7**

**Tuesday, October 8**

**Breakfast**
- 23 Breakfast Potato Casserole
- 23 Warm biscuit
- 25 Iced Apriocot Cup

**Lunch**
- 33 Sloppy Joe sandwich
- 1 fresh salad mix
- 7 X-ray vision carrots
- 23 fresh banana

**Cycle 8**

**Wednesday, October 9**

**Breakfast**
- 23 Warm biscuit with PB&J
- 0 sausage patty
- 23 fresh banana

**Lunch**
- 36 Breaded chicken patty on a bun
- 6 steamed carrots
- 2 fresh zucchini slices
- 2 fresh cranberry apple half

**Cycle 9**

**Thursday, October 10**

**Breakfast**
- 48 Blueberry muffin square
- 13 fresh granmy smith apple half

**Lunch**
- 40 Beef & bean burrito with 3 cheese sauce
- 21 refried beans
- 2 fresh broccoli trees
- 14 fresh orange smile

**Cycle 10**

**Friday, October 11**

**Breakfast**
- 47 Baked apple breadstick
- 14 fresh orange smile

**Lunch**
- 16 Chicken nuggets
- 16 golden corn
- 3 fresh grape tomatoes
- 12 tea roll
- 14 chilled peaches
- 0 no sandwich box
- 0 no chef salads

**Week of Oct 7-11, 2019**

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Servings</th>
<th>1 Serving per Day</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Fat Calories</th>
<th>Protein Calories</th>
<th>Calories 0-5</th>
<th>% Values</th>
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**EXTRA**

**Lunch Page News**

- Contains pork
- Contains beans and/or peas which have been harvested dry.
- Locally grown
- Meatless item
- Fish product
- Spicy
- New item
- Whole-grain

**Week of Oct 14-18, 2019**

**Nutrition Facts**

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</table>

**Complimentary Breakfast is available for ALL Enrolled Students in All Schools!**

Our menu has been planned to meet federal regulations including, but not limited to, age groups and portion sizes. Over the course of each week, our menus meet calorie ranges, meet/most alternate ranges, grain ranges, and at least if not more of the required vegetable subgroup consisting of dark green, orange, legumes, starchy, and others.

This institution is an equal opportunity provider.

This information is available in alternative formats for the visually impaired. Please call 531-299-0239 for further information.

Visit website for nutrition information, free/reduced applications and more about our program at http://district.ops.org/. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-289-9659. School lunch money may be transferred to other accounts, carried over to the next school year or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, we accept on-line payments at www.schoolcafe.com.