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.

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).
4. Rinse your hands well under warm, running water.
5. Dry your hands using a clean towel.
6. Before and after eating or preparing food.

Nutrition Facts

Serving Size: 1 Lunch per Day
Nutrition Key
- Whole-grain: Grain products that meet whole-grain standards. 
- Low/No Fat: Replacing high fat ingredients with a low fat or no fat alternative.
- Meatless: No meat/animal protein.
- New Item: A new menu item for the week.
- Vegetarian: A menu item that meets the USDA nutrient standard traditional menu plan.

Week of Oct 7-11, 2019

<table>
<thead>
<tr>
<th>Cycle</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cycle 6</td>
<td>October 7</td>
<td>October 8</td>
<td>October 9</td>
<td>October 10</td>
<td>October 11</td>
</tr>
<tr>
<td>Breakfast</td>
<td>Yogurt</td>
<td>Orange Crumb Muffin</td>
<td>Warm Biscuit with Sunbutter &amp; Jelly</td>
<td>Blueberry Muffin Square</td>
<td>Baked Apple Breadstick</td>
</tr>
<tr>
<td></td>
<td>Vanilla Bear Grahams</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Applesauce Cup</td>
<td>Chilled Pears</td>
<td>Fresh Banana</td>
<td>Fresh Banana</td>
<td>White Milk</td>
</tr>
<tr>
<td>Lunch</td>
<td>Sea Treasures</td>
<td>Sloppy Joe Sandwich</td>
<td>Breaded Chicken Patty</td>
<td>Beef and Bean Burrito</td>
<td>Chicken Nuggets</td>
</tr>
<tr>
<td></td>
<td>Ranch Spudie</td>
<td>Fresh Salad Mix</td>
<td>on a Bun</td>
<td>with Cheese Sauce</td>
<td>Golden Corn</td>
</tr>
<tr>
<td></td>
<td>Breadstick</td>
<td>Fresh banana</td>
<td>Steamed Carrots</td>
<td>Refried Beans</td>
<td>Tea Roll</td>
</tr>
<tr>
<td></td>
<td>Chilled Pears</td>
<td>White Milk</td>
<td>Fresh Granny Smith</td>
<td>Fresh Orange Smiles</td>
<td>Chilled Peaches</td>
</tr>
<tr>
<td></td>
<td>White Milk</td>
<td></td>
<td>Apple Half</td>
<td>White Milk</td>
<td>White Milk</td>
</tr>
</tbody>
</table>

National Dessert Day

October 14

Sprinkled Sugar Cookie
Vanilla Bear Grahams

October 8

Vanilla Bear Grahams

October 11

Vanilla Bear Grahams

Week of Oct 14-18, 2019

<table>
<thead>
<tr>
<th>Cycle 1</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 14</td>
<td>Breakfast</td>
<td>Cold Cereal</td>
<td>Lunch</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td></td>
<td>Blueberry Muffin Top</td>
<td>Cinnamon Glazed</td>
<td>Fish Wedge on a Bun</td>
<td>Egg &amp; Cheese Biscuit</td>
<td>Hot Oatmeal</td>
</tr>
<tr>
<td></td>
<td>Vanilla Bear Grahams</td>
<td>French Toast</td>
<td>Patty on a Bun</td>
<td>Fresh Banana</td>
<td>Vanilla Bear Grahams</td>
</tr>
<tr>
<td></td>
<td>Chilled Juice</td>
<td>Fresh Red Delicious</td>
<td>Golden Corn</td>
<td>Fresh Orange Smiles</td>
<td>Applesauce</td>
</tr>
<tr>
<td></td>
<td>White Milk</td>
<td>Apple Half</td>
<td>White Milk</td>
<td>White Milk</td>
<td>White Milk</td>
</tr>
<tr>
<td>Lunch</td>
<td>Country Beef Cutlet</td>
<td>Rotini with Italian Meat Sauce</td>
<td>Sample: Fresh Pineapple</td>
<td>Southwestern Chicken</td>
<td>Cheese Quesadilla</td>
</tr>
<tr>
<td></td>
<td>on a Bun</td>
<td>Go Green! Fresh Spinach Salad</td>
<td></td>
<td>Patty on a Bun</td>
<td>X-Ray Vision Carrots</td>
</tr>
<tr>
<td></td>
<td>Western Beans</td>
<td>Chilled Diced Peaches</td>
<td></td>
<td>Fresh Grape Tomatoes</td>
<td>Apple Half</td>
</tr>
<tr>
<td></td>
<td>Chilled Pears</td>
<td>White Milk</td>
<td></td>
<td>Fresh Orange Smiles</td>
<td>White Milk</td>
</tr>
<tr>
<td></td>
<td>Sprinkled Sugar Cookie</td>
<td>White Milk</td>
<td></td>
<td>White Milk</td>
<td>White Milk</td>
</tr>
</tbody>
</table>

Lunch Prices

Full Paid Reduced
Elem. $1.45 $0.40
Sec. $1.75 $0.40
Adult $3.75 $0.35
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.

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).
4. Rinse your hands well under warm, running water.
5. Dry your hands using a clean towel.
6. Before and after eating or preparing food.

These procedures can reduce the amount of respiratory illness by 21% and digestive illnesses by 31%. These diseases can ranges, and at least if not more of the required vegetable subgroup weekly, our menus meet calorie ranges, meat/meat alternate ranges, grain not limited to, age groups and portion sizes. Over the course of each year, our menus meet federal regulations including, but not limited to, the USDA nutrient standard traditional menu plan. *No Pork products are served at Head Start. **Condiments are included

<table>
<thead>
<tr>
<th>Week of Oct 7-11, 2019</th>
<th>Cycle 6</th>
<th>Monday October 7</th>
<th>Cycle 7</th>
<th>Tuesday October 8</th>
<th>Cycle 8</th>
<th>Wednesday October 9</th>
<th>Cycle 9</th>
<th>Thursday October 10</th>
<th>Cycle 10</th>
<th>Friday October 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Blueberry Muffin Top ❇️</td>
<td>Blueberry Muffin ❇️</td>
<td>Cold Cereal ❇️</td>
<td>Blueberry Muffin Square ❇️</td>
<td>Baked Apple Breadstick ❇️</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yogurt</td>
<td>Vanilla Bear Grahams ❇️</td>
<td>Orange Crumb Muffin ❇️</td>
<td>Chilled Pears</td>
<td>Fresh Granny Smith ❇️</td>
<td>Fresh Orange Smiles ❇️</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vanilla Bear Grahams ❇️</td>
<td>Vanilla Bear Grahams ❇️</td>
<td>Chilled Pears</td>
<td>White Milk</td>
<td>Apple Half ❇️</td>
<td>White Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Applesauce Cup</td>
<td>White Milk</td>
<td>Iced Strawberry Cup</td>
<td>Fresh Banana</td>
<td>Fresh Orange Smiles</td>
<td>White Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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, meat/meat alternate ranges, grain ranges, and at least if not more of the required vegetable subgroup consisting of dark green, red/orange, legumes, starch, and other.

This institution is an equal opportunity provider.

Visit our 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 meals, contact our office at 531-299-9859. 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.
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.

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).
4. Rinse you hands well under warm, running water.
5. Dry your hands using a clean towel.
6. Before and after eating or preparing food.

WASH YOUR HANDS!