

**December 2020**

	Tuesday, December 1	Wednesday, December 2	Thursday, December 3	Friday, December 4
<p><b>1% Low-fat Milk &amp; 1% Chocolate Milk offered with Breakfast and Lunch</b></p>	Berry French Toast 100% Fruit Juice Fruit	WG Cereal Yogurt 100% Fruit Juice Fruit	Breakfast Boat 100% Fruit Juice Fruit	Pancake Bites 100% Fruit Juice Fruit
Monday, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11
Breakfast Bar 100% Fruit Juice Fruit	Omelet 100% Fruit Juice Fruit	WG Donuts 100% Fruit Juice Fruit	Mini Pancakes 100% Fruit Juice Fruit	Frudel 100% Fruit Juice Fruit
Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18
Mini Waffles 100% Fruit Juice Fruit	Breakfast Sandwich 100% Fruit Juice Fruit	Cereal Bar String Cheese 100% Fruit Juice Fruit	Pancake on Stick 100% Fruit Juice Fruit	Breakfast Bosco 100% Fruit Juice Fruit
Monday, December 21	Tuesday, December 22	Wednesday, December 23	Thursday, December 24	Friday, December 25
<p><b>Winter Break</b></p> 				
Monday, December 28	Tuesday, December 29	Wednesday, December 30	Thursday, December 31	
				

**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.

**December**

- Pear Month
- Handwashing Week (1st week in December)

**Menus are subject to change.**

Spoon River Valley CUSD #4 35265 N IL Hwy 97 London Mills, IL 61544

This institution is an equal opportunity provider.