

# [Insert Public School Unit] Breakfast Menus for December 2025

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| December 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 10 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 17 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 24 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 31 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |  |  |

## Nutrition Byte

### Stop the Spread of Germs – Wash Your Hands!

Did you know December 1-7 is Handwashing Awareness Week? Handwashing is one of the best ways to stop the spread of germs that cause illness. Make sure to wash your hands well by using these steps (**Nutrilink:** [fightbac.org](https://fightbac.org)):

* **Wet** your hands with running water. Add soap.
* **Lather** your hands with soap. Wash all surfaces on hands. Wash carefully between your fingers, around the tops and palms, over wrists, and under fingernails.
* **Scrub** your hands for at least 20 seconds.
* **Rinse** your hands well under running water.
* **Dry** your hands with a clean, disposable paper towel.
* Turn off the faucet using the disposable paper towel instead of your clean, bare hands.

When should you wash your hands?

* Before, during and after you prepare a meal or before eating
* After handling raw meat, poultry, seafood, eggs or flour
* After blowing your nose, coughing or sneezing
* After using the bathroom
* Before and after caring for someone at home who is sick with vomiting or diarrhea
* Before and after treating a cut or wound
* After changing diapers or cleaning up someone who has used the bathroom
* After touching an animal, animal feed, or animal waste
* After handling pet food or pet treats
* After touching garbage



# [Insert Public School Unit] Lunch Menus for December 2025

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| December 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 2 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 3 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 4 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | December 5 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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* After changing diapers or cleaning up someone who has used the bathroom
* After touching an animal, animal feed, or animal waste
* After handling pet food or pet treats
* After touching garbage