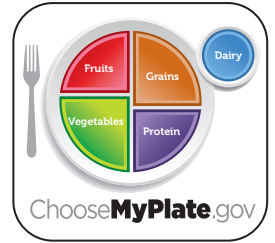


10 tips

be food safe

Nutrition
Education Series

10 tips to reduce the risk of foodborne illness



A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—**Clean, Separate, Cook, and Chill**. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

CLEAN

1 wash hands with soap and water

Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

2 sanitize surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

3 clean sweep refrigerated foods once a week

At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

4 keep appliances clean

Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

5 rinse produce

Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.



SEPARATE

6 separate foods when shopping

Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

7 separate foods when preparing and serving

Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL

8 use a food thermometer when cooking

A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.



9 cook food to safe internal temperatures

One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F (www.isitdoneyet.gov).

10 keep foods at safe temperatures

Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).

November 2013 High School Menus

Breakfast \$1.45
 Reduced Breakfast \$3.30
 Visitor Breakfast \$1.90
 Extra Milk \$.35

Lunch \$2.35
 Reduced Lunch \$4.40
 Visitor Lunch \$3.30

Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Breakfast Options				
Select at least 3 items. One must be ●fruit or ●juice. The below breakfast options will be offered every other week on the day of the week listed. ●Breakfast Round, ●Butterscotch Bar & ●Assorted Cereal are daily breakfast bundles. ●Juice, ●fruit and ●milk offered daily.				
Week 1 (11/1, 11/11, 11/25) ● Breakfast Pizza~	● Breakfast Burrito~	● Sausage Biscuit~	● Maple Waffle	● French Toast Sticks
Week 2 (11/4, 11/18) ● Pancakes	● Egg & Cheese in Pita~	● Sausage Biscuit~	● Chocolate Chip Waffle	● Breakfast Bites~
Lunch Options				
Select 3 to 5 components and one must be fruit or vegetable. Fruit and vegetable options are listed below and are served on the same day of the week each week. 1% and fat free flavored ●milk is offered daily. We cannot guarantee all menu choices will be available for all students.				
Helpful Information Nutrition Services Office 316-973-2160 www.nutrition.usd259.org	Helpful Information Online Meal Application www.nutrition.usd259.org Prepay for School Meals www.MyPaymentsPlus.com 1-866-736-9007	The five components for menu planning are: ● Grains ● Protein ● Fruit ● Vegetable ● Milk		1 ● Cheeseburger on Bun ● Ham & Cheese Pocket~ ● Potato Wedges ● Potato Puffs
4 ● Delivery Pizza# #Variety of toppings including vegetarian and pork ● Popcorn Shrimp	5 ● Buffalo Chicken on Bun ● Sloppy Joe on Bun ● Potato Puffs	6 ● Cheese Stuffed Breadsticks^ & Marinara Sauce ● Baked Potato	7 ● Chicken Nuggets ● Country Beef Steak ● Green Beans	8 ● Cheeseburger on Bun ● Breaded Fish on Bun ● Baked Fries
11 Veterans Day	12 ● Spicy Chicken on Bun ● Breaded Chicken on Bun ● Potato Wedges	13 ● Nachos^ ● Burrito ● Spicy Beans	14 ● Chicken Nuggets ● Green Peas	15 ● Cheeseburger on Bun ● Corndog ● Potato Puffs
18 ● Delivery Pizza# #Variety of toppings including vegetarian and pork	19 ● Buffalo Chicken on Bun ● Grilled Chicken on Bun ● Baked Fries	20 ● Frito Chili Pie ● BBQ Turkey Sliders ● Celery Sticks ● Baked Potato	21 ● Chicken Nuggets ● Fish Nuggets ● Golden Corn	22 ● Cheeseburger on Bun ● Ham & Cheese Pocket~ ● Potato Wedges
25 ● Delivery Pizza# #Variety of toppings including vegetarian and pork ● General Tso Chicken & Rice	26 ● Spicy Chicken on Bun ● Breaded Chicken on Bun ● Potato Puffs	27 Conference Release Day	28 Fall Recess	29 Fall Recess
Daily Entrée Choices				
● Pizza, ● Turkey Deli Sandwich, ● Ham Deli Sandwich~, ● PBJ Sandwich^, String Cheese^ & Fish Crackers, ● Turkey Chef Salad, ● Chef Salad^, ● Hummus^ & Pita, ● Yogurt^ & String Cheese^ with Pretzel				
Daily Side Choices				
● Broccoli & Cauliflower Salad ● Garden Salad ● Lettuce & Tomato ● Sandwich Toppings ● Sliced Pears ● Fresh Fruit	● Fresh Carrots ● Baked Beans ● Lettuce & Tomato ● Sandwich Toppings ● Pineapple Tidbits ● Fresh Fruit	● Chocolate Chip Cookie ● Spinach Dip ● Broccoli & Cheese ● Lettuce & Tomato ● Sandwich Toppings ● Sliced Peaches ● Orange Juice	● Dinner Roll ● Mashed Potatoes ● Lettuce & Tomato ● Sandwich Toppings ● Applesauce ● Fresh Strawberries ● Fresh Fruit	● Cooked Carrots ● Lettuce & Tomato ● Sandwich Toppings ● Tropical Fruit ● Fresh Fruit

^Vegetarian ~Pork ~Menu Subject to Change

www.nutrition.usd259.org

USDA is an equal opportunity provider and employer.

