

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

Grab-N-Go Available Daily

Monday

Banana Bread, Apple Juice, Chocolate Milk

Tuesday

Goody Ring Donut, Apple Juice, Chocolate Milk

Wednesday

Chocolate Bread Slice, Apple Juice, Chocolate Milk

Thursday

Mini Powdered Sugar Donuts, Apple Juice, Chocolate Milk

Friday

Strawberry Yogurt and Chocolate Chip Mini Bread, Apple Juice, Chocolate Milk

Adult Breakfast: \$2.20

Elementary Breakfast Menu for January 2021

				Friday, January 1
				
Monday, January 4	Tuesday, January 5	Wednesday, January 6	Thursday, January 7	Friday, January 8
Meal Pick-Up			Meal Pick-Up	
Monday, January 11	Tuesday, January 12	Wednesday, January 13	Thursday, January 14	Friday, January 15
Meal Pick-Up			Meal Pick-Up	
Monday, January 18	Tuesday, January 19	Wednesday, January 20	Thursday, January 21	Friday, January 22
	Day 4 Breakfast Pizza OR Cinnamon Toast Crunch with Toast	Day 1 Scrambled Eggs with Bacon and Toast OR Cocoa Puffs with Toast	Day 2 Pancakes with Syrup OR Lucky Charms with Toast	Day 3 Pigglesstick with Syrup OR Cinnamon Toast Crunch with Toast
Monday, January 25	Tuesday, January 26	Wednesday, January 27	Thursday, January 29	Friday, January 29
Day 4 Glazed Donut OR Lucky Charms with Toast	Day 1 Breakfast Pizza OR Cinnamon Toast Crunch with Toast	Day 2 Sausage, Egg and Cheese Muffin OR Cocoa Puffs with Toast	Day 3 Pancakes with Syrup OR Lucky Charms with Toast	Day 4 Funnel Cake with Powdered Sugar OR Cinnamon Toast Crunch with Toast

Questions? Contact: Heather Poirier, Food Service Director @ 724-356-2218 ext. 3312 or email poirierh@avellasd.org

Make Cafeteria checks payable to Avella Cafeteria. Please use separate checks for JSHS students. Please enclose cash payments in an envelope with ID number or name. Accounts are intended to be debit, not credit. Parents should prepay for KG snack milk and fund account in advance. Automated phone calls are placed to remind parents of negative balances.

Free and Reduced Applications are accepted all year, however they are not retroactive.