



* MENU *



SUNDAY 2/24	MONDAY 2/25	TUESDAY 2/26	WEDNESDAY 2/27	THURSDAY 2/28	FRIDAY 3/1	SATURDAY 3/2
CONTINENTAL BREAKFAST	BREAKFAST 6:45 - 8:15 a.m.	BREAKFAST 6:45 - 8:15 a.m.	BREAKFAST 6:45 - 8:15 a.m.	BREAKFAST 6:45 - 8:15 a.m.	BREAKFAST 6:45 - 8:15 a.m.	BREAKFAST 6:45 - 8:15 a.m.
7 - 9 a.m. Chilled Juices Assorted Hot/Cold Cereal Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs	Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Vegetarian Baked Beans Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Breakfast Potatoes Chocolate Chip Pancakes - <i>Warm Syrup</i>	Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast French Toast - <i>Warm Syrup</i> Grilled Bacon Grilled Sausage Breakfast Potatoes Assorted Muffins	Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Vegetarian Baked Beans Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Make your own Belgian Waffles <i>Assorted Toppings</i> Breakfast Burrito Bar Grits Breakfast Potatoes Buttermilk Pancakes - <i>Warm Syrup</i>	Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Grilled Bacon Grilled Sausage Breakfast Potatoes French Toast - <i>Warm Syrup</i> Assorted Muffins	Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Vegetarian Baked Beans Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Bagel Breakfast Breakfast Potatoes Blueberry Pancakes - <i>Warm Syrup</i>	Chilled Juices Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets to order Scrambled Eggs French Toast - <i>Warm Syrup</i> Croissant Breakfast Grilled Bacon Grilled Sausage Breakfast Potatoes Assorted Muffins
BRUNCH 9 a.m. Omelets/Fried Eggs to order Eggs Benedict to order Smoothie of the Day Make your own Belgian Waffles <i>Assorted Toppings</i> French Toast to order Buttermilk Pancakes - <i>Warm Syrup</i> Grilled Bacon Grilled Sausage Breakfast Potatoes	LUNCH 11 - 1 p.m. Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal <u>Vegetable Barley Soup</u> Chicken Noodle Soup ¼ Pound Hamburgers ¼ Pound Cheeseburgers <u>Veggie Burgers (v)</u> <u>Macaroni and Cheese</u> Hand Cut French Fries Steamed Fresh Carrots Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar	LUNCH 11 - 1 p.m. Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Chili con Carne <u>Vegetarian Black Bean Chili</u> TACO TUESDAY Chicken Fajita <u>Vegetarian Fajita (v)</u> Cilantro Lime Rice Roasted White Corn and Peppers Sauteed Mixed Greens Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Soft Serve Ice Cream Double Chocolate Cake	LUNCH 11 - 1 p.m. Salad Bar Deli Bar Hot Pretzels - mustard, salt <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal <u>Roasted Red Pepper Basil Bisque</u> Turkey Brown Rice Soup Chopped Sirloin Steak - <i>Gravy</i> Grilled Cheese Bar <u>Pad Thai (v)</u> Coconut Mashed Sweet Potatoes Fresh Steamed Broccoli Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar	LUNCH 11 - 1 p.m. Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Beef Noodle Soup <u>Cold Strawberry Soup</u> Greek Gyro Bar Provençal Chicken Quarters <u>Tofu Edamame Stir-Fry - with Ginger and Soy</u> Roasted Spiced Red Potato Wedges Stir-Fried Fresh Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Soft Serve Ice Cream Peanut Butter Squares	LUNCH 11 - 1 p.m. Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal <u>Green Velvet Soup</u> New England Clam Chowder Steamed Mussels <i>with Portuguese Sausage</i> Hamburg and Pepperoni Pizza <u>Cheese Pizza</u> Saffron Basmati Rice Sauteed Swiss Chard Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar	LUNCH 11 a.m. - 1 p.m. CHEF'S CHOICE LUNCH
DINNER 5:30 - 7 p.m. Soup du jour Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Penne with Italian Sweet Sausage Chicken Parmesan Eggplant Parmesan (v) Roasted Baby Red Potatoes Fresh Summer Squash - <i>Tomatoes & Peppers</i> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar	DINNER 5:30 - 7 p.m. Soup du jour Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Ground Beef Moussaka Greek Lemon Chicken <u>Chickpea & Vegetable Ragout</u> Farro Pilaf Fresh Butternut Squash - <i>Tomatoes & Cinnamon</i> Steamed Spinach Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Assorted Cookies	DINNER 5:30 - 7 p.m. Soup du jour Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Roast Pork - <i>Caper Sauce</i> BBQ Chicken <u>Mushroom Barley Casserole</u> Roasted Yukon Gold Potatoes Fresh Asparagus - <i>Lemon Zest</i> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Soft Serve Ice Cream Assorted Pies	DINNER 5:30 - 7 p.m.	DINNER 5:30 - 7 p.m. Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Shrimp and Broccoli Stir Fry Russian Apricot Chicken <u>Mediterranean Quinoa</u> Herbed Rice Pilaf Roasted Seasonal Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Novelties - Soft Serve Ice Cream Assorted Cookies	FOOD COMMITTEE FRIDAY 5:30 - 7 p.m. Isabelle Coleman <u>Assorted Pasta & Sauces - Tortellini</u> Assorted Hot/Cold Cereal MYO Stir-Fry Steak Tips Rosemary Lemon Chicken Breast Emily's Stir Fry Steak Fries - Roasted Sweet Potato Fresh Green Beans - Brussels Sprouts Jello - Pudding - Fresh Fruit Novelties - Soft Serve Ice Cream Milk Shake Bar	CHEF'S CHOICE DINNER 5:30 - 6:30 p.m.

Food Fair

Middle Dining Room

Spring Vacation Begins

All menus subject to change
Underlined items indicate "Vegetarian"
"(v)" items indicate "Vegan"

Continued from the front

How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long-term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication.

Children with these conditions and children who are receiving long-term aspirin therapy can have severe illness from the flu.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

How long can a sick person spread the flu to others?

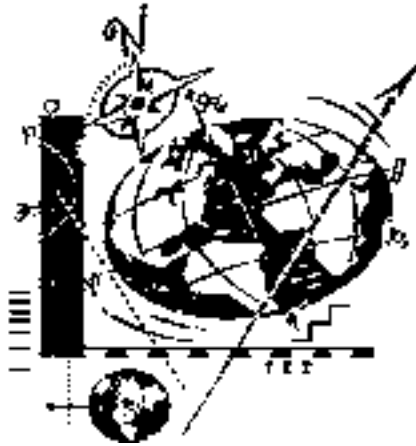
People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and may be still contagious past 5 to 7 days of flu illness, especially if they still have symptoms.

WebMD recently reported the 6 dirtiest places in your house. The study researchers swabbed some 4,800 surfaces. Here's the list:

- sink-faucet handles
- microwave door handles
- keyboards
- refrigerator door handles
- water fountain buttons
- vending machine buttons

Since our hands are responsible for the spread of 80% of common infectious diseases, effective hand hygiene continues to be universally recognized as the smartest, most cost effective means of infection control in the workplace.

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"Strive mightily but eat and drink as friends"

Bon Appétit



THE WEEKLY MENU & NEWSLETTER OF SPS FOOD SERVICES

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DON'T LET THE FLU BE A SURPRISE ... SANITIZE!!!!

To keep the flu virus at bay, wash your hands with soap and water several times a day.

An icky fact: That elevator button or door knob you just touched? It likely has flu germs on it. If you're avoiding the flu, take note. Then wash those hands. Do it the right way -- and do it often, several times a day!

It's true -- germs can live on any surface for two hours or more. If someone in your office or school is infected, those germs can reside on anything they've touched -- desks, phones, coffee pots, microwaves, cafeteria tables, toys, books.

When flu prevention experts advise you to wash your hands, they don't mean a light drizzle of water. As mama always said, use soap and warm water -- and rub hands for 15 to 20 seconds. Sing the 'Happy Birthday' song twice while rubbing, to keep track of the time.

"The flu vaccine is the best way to prevent flu, but the next best thing is good hand hygiene," says Rachel Orscheln, MD, an infectious disease specialist and pediatrician at Washington University School of Medicine in St. Louis. "Cover your mouth and nose with a tissue. Then wash your hands every time you cough or sneeze to prevent spreading the virus."

One flu prevention strategy: Keep gel sanitizers

close at hand. If a sink isn't nearby, a gel sanitizer or an alcohol-based hand wipe is easy to grab to clean dirty hands. The gel doesn't need water to work; just rub hands until the gel is dry. Most supermarkets and drugstores carry these wipes and gels.

Improper Hand Washing

Separate studies from around the world show that after visiting the washroom only 70% of people wash their hands, with only 30% of people actually using soap; the remaining 40% use water alone. The sad reality is, people do not wash their hands frequently or adequately enough. In fact, the average person washes their hands for only around 10 seconds which at best will remove about 90% of germs. The problem is the remaining bacteria will grow and can double in number in less than 20 minutes and in 80 minutes can be back to the number prior to washing.

What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. Flu viruses cause illness, hospital stays and deaths in the United States each year.

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

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