



# THE DOG DISH

## Taking Breakfast For “Granted”

We are nearing the mid-way point for the breakfast grant.

Bryce Cherko was the first winner of the poster contest. He received a free breakfast and had his face on the “Got Breakfast” poster in the Glenwood Cafeteria. We will not have the breakfast poster for December, but Savannah Shook will be on our poster for the month of January.

We have handed out over 200 prizes in the last few months and

the students love to look through the prize baskets.

The promotion is working; we have increased participation by 48%. Our goal is 50%.

Mona Smith at Eagle Point has begun her own breakfast promotion. She is offering a breakfast club and rewarding students for their steady participation. They have also revamped their menu to offer more of the students favorites. Thanks Mona for your extra efforts.

## MENU FIRSTS

The High School Cafeteria is now serving the Big Daddy Pizza Meal Deal and the students have received it with much enthusiasm. They receive a piece of pizza, side salad, fresh fruit and milk for \$2.50. This is a reimbursable meal and is available to students on free and reduced meals.

We will offer a cheese, pepperoni, and vegetable pizza daily. We may not offer this on Friday as we already offer pizza.

## NUTRITION NUGGETS

If you consume a 2,000 calorie diet, you should have 2 cups of fruit each day.

At school we serve 1/2 cup at breakfast and 1/2 cup at lunch. So you should have an additional 1 cup at supper or for a snack after school. Be sure to consume a variety of fruits, including fresh and dried. Keep juices to a minimum. They are high in sugar and calories. Dried fruits are high in fiber.

Source: U.S. Department of Health and Human Services

## Giveaways

We held a Winter Wonderland Promotion at all the elementary buildings on Thursday December 10, 2009.

If students participated in the lunch program that day, their names were entered into a drawing for a Christmas Moose. We drew one teacher's name per building for a free adult meal for their help in distributing the tickets. The winners were:  
Glenwood: Valerie Swope, Brayden Voss and the teacher was Miss Sutton.  
Eagle Point: Zachary Plunkett and the teacher was Mr. Taylor.  
Indian Hills: Breana St. Johns and the teacher was Mrs. Hilty.  
Thanks for participating everyone. The next promotion will be for Valentines day.

## Comparing Lunch Counts

### November 2008

	<u>Breakfast</u>	<u>Lunch</u>	<u>Days</u>
Eagle Point	311	2544	14/14
Glenwood	876	3918	14/14
Indian Hills	469	2146	14/14
High School	653	5148	15/15

### Average Daily Counts

	<u>Breakfast</u>	<u>Lunch</u>
Eagle Point	22.2	181.7
Glenwood	62.6	279.9
Indian Hills	33.5	153.3
High School	43.5	343.2

### November 2009

	<u>Breakfast</u>	<u>Lunch</u>	<u>Days</u>
Eagle Point	210	2663	13/16
Glenwood	1484	4474	16/16
Indian Hills	477	2365	16/16
High School	1070	7249	17/17

### Average Daily Counts

	<u>Breakfast</u>	<u>Lunch</u>
Eagle Point	16.2	166.4
Glenwood	92.8	279.6
Indian Hills	29.8	147.8
High School	62.9	426.4

### Count Comparisons

	<u>Breakfast</u>	<u>Lunch</u>
Eagle Point	-6	-15.3
Glenwood	+30.2	-.3
Indian Hills	-3.7	-5.5
High School	+19.4	+83.2

### Free and Reduced Percentages

Eagle Point	41%
Glenwood	55%
Indian Hills	40%
Jr. High School	45%
High School	37%