



THE DOG DISH

Rossford Schools Food Service

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Cafeteria Staff Stays Informed



Seven members of the Rossford cafeteria staff attended the Chapter 48 School Nutrition Association meeting held at Penta Career Center on Tuesday December 1, 2009.

Cafeteria personnel from several area schools toured the new kitchens and serving areas. They were educated on the culinary arts programs offered to the students and introduced to several different pieces of preparation equipment. Betty Diehl from Penta spoke about the positives and negatives of their new serving layout. Food was provided by Gordon Food services and a basket auction was held with proceeds donated to a local charity.

MENU FIRSTS

All of the buildings are trying a new product from Con Agra. It is called a Totally Taco Quesadilla. They are quesadillas that are already pre-cut. The elementary students received three pieces and the high school was served four pieces. The elementary buildings are trying a Cinnamon Glaze pancake for breakfast. They come pre-packaged and have a layer of cinnamon glaze between two pancakes. YUM! Both items have rebates.

NUTRITION NUGGETS

When choosing vegetables for your diet, be sure to choose a variety. Try some dark green vegetables. Some examples are broccoli and dark fresh leaves such as spinach. Remember a fresh vegetable has more nutrients in it. Keep dips and salad dressings to a minimum to avoid excess fat and calories. Sweet Potatoes are full of nutrients. Try sweet potato fries in place of regular potato fries and oven bake them to keep the fat lower. When considering pinto, kidney, black, and garbanzo beans; you will not only get your daily serving of vegetables, but you will also increase your fiber and protein for the day. Be creative with your fresh tossed salad by adding a variety of lettuces and many other vegetable choice. If you include colorful options you will increase the vitamins and it will appeal to the eye.

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

Giveaways

The next cafeteria giveaway will be held in February. We will celebrate Valentine's Day. The day will be on the next school menu.

Comparing Lunch Counts

December 2008

	<u>Breakfast</u>	<u>Lunch</u>	<u>Days</u>
Eagle Point	239	2584	12/14
Glenwood	722	3902	12/14
Indian Hills	401	2205	12/14
High School	489	4951	12/14

Average Daily Counts

	<u>Breakfast</u>	<u>Lunch</u>
Eagle Point	19.9	184.6
Glenwood	60.2	278.7
Indian Hills	33.4	157.5
High School	40.8	353.6

December 2009

	<u>Breakfast</u>	<u>Lunch</u>	<u>Days</u>
Eagle Point	306	2905	15/17
Glenwood	1478	4877	16/17
Indian Hills	507	2611	16/17
High School	1091	7121	16/17

Average Daily Counts

	<u>Breakfast</u>	<u>Lunch</u>
Eagle Point	20.4	170.9
Glenwood	92.4	286.9
Indian Hills	31.7	153.6
High School	68.2	418.9

Count Comparisons

	<u>Breakfast</u>	<u>Lunch</u>
Eagle Point	+5	-13.7
Glenwood	+32.2	+8.2
Indian Hills	-1.7	-3.9
High School	+27.4	+65.3

Free and Reduced Percentages

Eagle Point	41%
Glenwood	56%
Indian Hills	41%
Jr. High School	45%
High School	38%