

# February 2010

## ROSSFORD HIGH SCHOOL MENU



### News

#### How many grain foods do you need daily?

Girls (9-13) = 5 ounces  
Girls (14-18) = 6 ounces

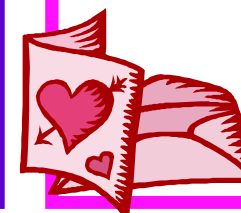
Boys (9-13) = 6 ounces  
Boys (14-18) = 7 ounces


Women (19-50) = 6 ounces  
Women (51+) = 5 ounces

Men (19-30) = 8 ounces  
Men (31-50) = 7 ounces  
Men (51+) = 6 ounces

Of these amounts at least half should be whole grains. When trying to determine if a product is whole grain; look at the ingredient label. The first ingredient should be Whole Wheat Flour. If it is enriched flour it is not whole grain. The above amounts are based on a person getting less than 30 minutes of exercise per day.

Source: [www.mypyramid.gov](http://www.mypyramid.gov)



Monday	Tuesday	Wednesday	Thursday	Friday
Ravioli <b>1</b> Green Beans Dinner Roll Mixed Fruit Milk	Soft Pretzel with <b>2</b> Cheese sauce Yogurt Cup Celery with Peanut Butter Pears Milk	Corn Dog <b>3</b> Redskin Potatoes Orange Wedges Milk	Chicken Patty <b>4</b> Fries Peach Cup Milk	4x6 Pepperoni Pizza <b>5</b> Corn Flavored Applesauce Cup Animal Crackers Milk
Totally Taco <b>8</b> Quesadilla Shredded Lettuce Salsa Sour Cream Grapes Milk	Footlong Hot Dog <b>9</b> Fries Juice Bar Milk	Lasagna Roll-up <b>10</b> with Meat Sauce Tossed Salad Garlic Bread Pineapple Milk	Chicken Nuggets <b>11</b> Mashed Potatoes with Gravy Apple Crisp Milk	JHS only <b>12</b> No HS today Sausage Pizza Peas Applesauce Rice Krispie Treat Milk
No School <b>15</b> Presidents' Day 	Chili Cheese Nachos <b>16</b> Shredded Lettuce Salsa Sour Cream Blueberry/Strawberry Cup with Whip Cream Milk	Macaroni and <b>17</b> Cheese Potato Crunch Fish Filet Green Beans Peaches Milk	Chicken Strips <b>18</b> Broccoli with Cheese Sauce Dinner Roll Banana Milk	French Bread Pizza <b>19</b> Cucumber Slices Applesauce Cup Ranch Gold Fish Milk
Walking Taco <b>22</b> Shredded Lettuce Shredded Cheese Salsa Sour Cream Fresh Pear Milk	Italian Pasta Bake <b>23</b> Tossed Salad Bread Stick Sherbet Milk	2 Ham and Cheese <b>24</b> on an English Muffin Cheesy Tator Tots Juice Milk	Oven Fried Chicken <b>25</b> Mashed Potatoes with Gravy Mixed fruit French Bread Roll Milk	Stuffed Crust <b>26</b> Cheese Pizza Corn Applesauce Fun Size Treat Milk