

SEPTEMBER 2009

Deer Creek
Public Schools
FOOD SERVICES

LUNCH MENU Elementary Schools

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RECIPE of the Month



Garden Vegetable Salad with Chicken

- 1 head Romaine lettuce torn into bite-size pieces
- 2 cups Fresh broccoli florets
- 8 Cherry tomatoes, cut in half
- 1 can, 7 oz Corn, drained
- 1 pkg, 6 oz Deli fresh grilled chicken breast strips
- 1 cup 2% milk shredded mild cheddar cheese
- 1/2 cup Light Balsamic Vinaigrette Dressing

LAYER all ingredients except dressing in large serving bowl.
ADD dressing just before serving; toss to coat.

PREP TIME: 10 min; SERVES: 4
Vitamin A 170% DV; Iron 10% DV
Vitamin C 110% DV; Calcium 45% DV



Harvest Product of the Month CORN



Corn for Cardiovascular Health

Corn's contribution to heart health lies not just in its fiber, but in the significant amounts of folate corn supplies. It has been estimated that consumption of 100% of the daily value (DV) of folate would, by itself, reduce the number of heart attacks suffered by Americans each year by 10%. Folate-rich diets are also associated with a reduced risk of colon cancer.

Supports Lung Health

Consuming foods rich in beta-cryptoxanthin, an orange-red carotenoid found in highest amounts in corn, pumpkin, papaya, red bell peppers, tangerines, oranges and peaches, may significantly lower one's risk of developing lung cancer.

Maintain Your Memory with Thiamin (Vitamin B1)

Corn is a good source of thiamin, providing about one-quarter of the daily value for this nutrient in a single cup. Thiamin is an integral participant in enzymatic reactions central to energy production and is also critical for brain cell/cognitive function.

Support for Energy Production, Even Under Stress

Corn is also a good source of pantothenic acid. This B vitamin is necessary for carbohydrate, protein and lipid metabolism. Pantothenic acid is an especially valuable B-vitamin when a person is under stress since it supports the function of the adrenal glands.

MON	TUE	WED	THU	FRI
<p>This menu contains NO PEANUT PRODUCTS</p>	1 Egg Roll Steamed Rice Pineapple Fortune Cookie Milk	2 Turkey Sandwich Shredded Lettuce Carrot Sticks, Peas Tiny Twists Pretzels Milk	3 Potato Bar w/Fixings Bread Stick Apples Milk	4 Pizza Corn Mixed Fruit Milk
	7 LABOR DAY	8 Cheeseburger Tater Tots Pineapple Milk	9 Ham & Cheese Hoagie Sandwich Shredded Lettuce Orange + Yogurt Milk	10 Ravioli Bread Stick Green Beans Pears Milk
14 Salisbury Steak Potatoes & Gravy Hot Roll Pears Milk	15 Spaghetti French Bread Green Beans Pineapple Milk	16 Grilled Chicken Sandwich Sliced Potatoes Fresh Fruit Mix Milk	17 Taco Salad Shredded Lettuce Cheese Apples Milk	18 Pizza Corn on the Cob Cherry Crisp Milk
21 Chicken Nuggets Biscuit Corn on the Cob Peaches Milk	22 Corn Dog Tater Tots Pears Milk	23 Grilled Cheese Sandwich Peas Mixed Fruit Milk	25 Tacos Shredded Lettuce Cheese Corn Oranges Milk	26 Pizza Stick Caesar Salad Applesauce Milk
29 Steak Fingers Potatoes Gravy Pears Milk	30 Pretzel w/ Cheese Sauce Salad Orange Milk	31 Chef's Choice	<p>Corn Fun Facts</p> <p>In the United States, corn production measures more than two times that of any other crop.</p> <p>Corn is a major component in many food items like cereals, peanut butter, snack foods and soft drinks.</p>	