

# AUGUST 2010

Deer Creek  
Public Schools  
FOOD SERVICES

## LUNCH MENU Elementary Schools

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DC Child Nutrition \*\*\* Lisa Hall, Director \*\*\* 20701 N. MacArthur Blvd., Edmond, OK 73012 \*\*\* (405) 348-6100x1112

**WELCOME  
BACK!**

We hope you had a wonderful and restful summer. We have an excellent staff providing nutritional and tasty lunches at all elementary school cafeterias. For your convenience, the cafeteria managers and phone numbers are listed below:

DEER CREEK ELEM.  
Cindy Weaver  
348-9100 X 4590

GROVE VALLEY  
Brenda Willmon  
359-3195

PRAIRIE VALE  
Joy Oswald  
359-3174 x 4417



ROSE UNION  
Kathy Lawson  
359-3188 x 4325

To add to your student's lunch account, please send a check payable to Deer Creek Public Schools to your student's teacher. When the lunch account reaches a low or negative balance, a slip indicating the balance will be sent home. If your student owes more than \$8.50, a peanut butter sandwich and white milk will be served until the account is replenished. The cost for elementary school lunches remains the same as last year, \$2.25 per day.

## Harvest Product of the Month



# GRAPES

### BENEFITS

Grapes practically overflow with polyphenols, plant compounds that act as antioxidants and protect us from heart disease and cancer. They also have fiber, small amounts of vitamins, and important minerals like potassium, calcium, manganese, and iron.

### SELECTION

Choose grapes that are plump and free from wrinkles. They should be intact, not leaking juice, and firmly attached to a healthy looking stem. One way to evaluate the sweetness of grapes is by their color. Green grapes should have a slight yellowish hue, red grapes should be mostly red, while purple and blue-black grapes should be deep and rich in color. Grapes may be stored in a plastic bag in the refrigerator for about a week. Before eating, make sure you rinse them well in case they were sprayed with insecticide.



### PAID LUNCHES

\$2.25 daily

20 paid lunches—\$45.00

### REDUCED PRICE LUNCHES

\$0.40 daily

20 reduced price lunches—\$8.00

Parents interested in applying for the Free/Reduced Lunch Program for the 2010-11 school year can pick up an application in the school office or print one from the district web site at [www.deercreekschools.org](http://www.deercreekschools.org), under Administration/Food Services. It takes a few days for the forms to be processed and the student is responsible for \$2.25 per lunch until the application procedure is completed. Participation in this program remains completely confidential.

MON	TUE	WED	THU	FRI
16 <b>MEET THE TEACHER DAY</b>  Milk	17 <b>1ST DAY OF SCHOOL</b> Corn Dog Tater Tots Fresh Nectarines Milk	18 Chef's Salad Ham and Cheese Mini Croissant Fresh Mixed Fruit Milk	19 Tacos Shredded Lettuce Cheese Apple Milk	20 Pizza Stick Caesar Salad Orange Yogurt Milk
23 Spaghetti French Bread Green Beans Pineapple Milk	24 Pretzel w/Cheese Yogurt California Medley Banana Milk	25 Turkey & Cheese Croissant Carrot Sticks Pickle Spears Fresh Strawberries Milk	26 Chicken Nuggets Potatoes & Gravy Wheat Roll Peaches Milk	27 Pizza Corn Grapes Milk
30 Mac & Cheese Peas Mix Fruit Bread Stick Milk	31 Grilled Chicken Sandwich Sliced Potatoes Grapes Milk	<b>GRAPE HISTORY</b> Grapes have a long and abundant history. While they've grown wild since prehistoric times, evidence suggests they were cultivated in Asia as early as 5000 BC. Grapes were first planted in the United States in the early 17th century at a Spanish mission in New Mexico. From there, they quickly spread to the central valley of California where climate, and absence of grape preying insects, best supported their production. Today, Italy, France, Spain, the United States, Mexico and Chile are among the largest commercial producers of grapes.		

MONTHLY MENUS ARE POSTED ON OUR WEB @ [deercreekschools.org](http://deercreekschools.org), under Administration, Food Services tabs.

