

DECEMBER 2010

Deer Creek
Public Schools
FOOD SERVICES

LUNCH MENU
Elementary
Schools

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RECIPE of the Month

CINNAMON & APPLE BREAKFAST SANDWICH

- 2 slices whole grain cinnamon raisin bread
- 2 tbsp fat free cream cheese, softened
- 4 thin apple slices
- 1/8 tsp ground cinnamon

SPREAD bread with cream cheese. Top one of the bread slices with apples and cinnamon; cover with remaining bread slice, cream cheese-side down.

MELT margarine in nonstick skillet on medium heat. Add sandwich; cook 3 min. on each side or until golden brown on both sides.

Shortcut - Omit margarine. Assemble as a sandwich, using toasted bread slices. No need to grill the sandwich.

Prep Time: 5 min
Total Time: 11 min
Makes: 1 Serving

This tasty breakfast not only provides both fiber and iron from the whole grain bread, but it also contains calcium from the cream cheese.

Source: www.kraftfoods.com

Harvest Product of the Month

APPLE



Modern research provides numerous reasons to give credit to the old saying, "An apple a day keeps the doctor away." Although apples are perhaps best known for their fiber content, they offer many additional health benefits.

APPLES CAN HELP SLOW AGING PROCESS

Antioxidants can protect from many of the diseases that seem to be a part of aging. Eating apples is a delicious and easy way to include antioxidants in our diet. Scientists discovered that a fresh apple has more than 15 times the antioxidant power of the recommended daily dose of vitamin C. Another study showed apples stopping the growth of colon and liver cancer cells in test tubes.

APPLES ARE GOOD FOR OUR HEARTS

The magnesium and potassium in apples help regulate our blood pressure and keep our hearts beating steadily. The flavonoid quercetin protects the artery walls from damage and keeps the blood flowing smoothly.

PANTRY POINTERS

Buy apples that are unbruised, firm, and have good color. Take them out of the plastic bag and store them in the refrigerator, loose in the produce bin or in a paper bag.

MON

TUE

WED

THU

FRI

This menu
contains
**NO PEANUT
PRODUCTS**

1
Steak Fingers
Potatoes
Gravy
Pineapple
Milk

2
Frito Chili Pie
Corn
Apple
Milk

3
Pizza Sticks
w/Spaghetti Sauce
Salad & Yogurt
Grapes
Milk

6
Chicken Nuggets
Biscuit
Corn
Pears
Milk

7
Stew
Crackers
Cinnamon Roll
Peaches
Milk

8
Mini Hamburgers
Baked Beans
Mixed Fruit
Milk

9
Taco
Lettuce & Cheese
Grapes
Cookie
Milk


10
Pizza Pocket
Salad
Yogurt
Apple
Milk

13
Cheese
Quesadilla
Mixed Vegetables
Orange
Milk

14
Corn Dog
Tater Tots
Pears
Milk

15
Burrito
Salad
Cinnamon Apples
Milk

16
Turkey Gravy
Potatoes, Stuffing
Green Beans
Roll & Cake
Milk

17
*Chef's
Choice*




HAPPY HOLIDAYS
school resumes on *Tuesday*
JANUARY 4, 2011

