

SEPTEMBER 2010

Deer Creek
Public Schools
FOOD SERVICES

LUNCH MENU Elementary Schools

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RECIPE of the Month

Pineapple Coleslaw Toss

- 3 cups coleslaw blend (cabbage slaw mix)
- 1/3 cup canned pineapple tidbits, drained
- 2 tbsp pineapple juice (saved from the canned pineapple)
- 1/4 cup Miracle Whip Light Dressing

TOSS
Toss all ingredients in a bowl and cover.

REFRIGERATE
Refrigerate for 30 minutes before serving.



PREP TIME 5 min
TOTAL TIME 35 min
SERVES 4

% of DAILY VALUE:

- Vitamin A-20%
- Vitamin C-50%
- Calcium-4%
- Iron-0%
- Dietary Fiber-2 g

(based on a 2,000 calorie diet)



Harvest Product of the Month PINEAPPLE



For the early American colonists, serving fresh pineapple was a symbol of prestige and social class. Today, we can easily enjoy this once rare treat year-around. Including this tasty fruit in our diet benefits us in many ways. Pineapples help us stay healthy, they are rich in vitamin C and contain substances that keep bones strong and promote digestion.

SOURCE OF VITAMIN C

Vitamin C boosts the immune system, promotes healing and helps prevent cancer, heart disease and stroke.









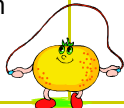



SOURCE OF MANGANESE

Our bodies use manganese to make collagen, a protein that helps build connective tissues like bone, skin, and cartilage.

SOOTHES COUGHS AND COLDS

Pineapple is also a good source of bromelain, which helps suppress coughs and loosens the mucus that often accompanies colds. Studies have found bromelain effective in treating upper respiratory conditions and acute sinusitis.

MON TUE WED THU FRI

MON	TUE	WED	THU	FRI
<p>PINEAPPLE FUN FACTS Pineapple is one of the world's favorite tropical fruits. First called "anana", a Caribbean word for "excellent fruit", the name "pineapple" came from European explorers who thought the fruit looked like a pinecone with flesh like an apple.</p>		1 Salisbury Steak Potatoes & Gravy Peaches Roll Milk	2 Burrito Salad Rosy Applesauce  Milk	3 Pizza Corn Grapes Milk 
6 LABOR DAY	7 Rib-A-Que Au gratin Potatoes Wheat Roll Pineapple Milk 	8 Ham & Cheese Hoagie Sandwich Shredded Lettuce Grapes + Jell-O Milk	9 Ravioli Bread Stick Green Beans Pears Milk	10 Pizza Pocket Salad Strawberries and Bananas Milk 
13 Cheeseburger Baked Beans Pears  Milk	14 Spaghetti French Bread Green Beans Pineapple Milk	15 Grilled Chicken Sandwich Sliced Potatoes Fresh Mixed Fruit Milk	16 Taco Salad Shredded Lettuce Cheese Apple Milk 	17 Pizza Corn on the Cob Cherry Crisp Milk 
20 Chicken Nuggets Biscuit Potatoes & Gravy Peaches Milk	21 Corn Dog Tater Tots Pears Cookie Milk	22 Grilled Cheese Sandwich  Peas Mixed Fruit Milk	23 Tacos Shredded Lettuce Cheese, Corn Orange Milk 	24 Pizza Stick Caesar Salad Apple Yogurt Milk
27 Steak Fingers Potatoes & Gravy Biscuit Fruit Milk 	28 Chicken Pot Pie Mixed Vegetables Pineapple Milk 	29 Chef's Salad Ham & Cheese Cup Crackers Grapes Milk 	30 Potato Bar w/Fixings Orange Bread Stick Milk	This menu contains NO PEANUT PRODUCTS