

# WELCOME



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

DEER CREEK ELEMENTARY CAFETERIA  
Cindy Weaver, 348-9100 X 590

PRAIRIE VALE CAFETERIA  
Linda Cherry, 359-3174 x 417

ROSE UNION CAFETERIA  
Kathy Lawson, 359-3188 x 325

As felt in so many aspects of our lives, our lunch program has also been influenced by the rising food and fuel costs. Effective August 14, 2008 the price of an elementary student lunch will be \$2.25 daily or \$11.25 weekly.

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.

## Deer Creek Public Schools FOOD SERVICES



## ELEMENTARY SCHOOLS August 2008 Lunch Menu

In accordance with federal law and United States Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, nation origin, sex, age or disability. To file complaint of discrimination, write to: USDA, Director Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW Washington D.C., 20250-9410, or call (202) 720-5964 (voice and TDD).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PAID LUNCHES</b> <b>\$2.25 daily; 20 paid lunches - \$45.00</b>		Parents interested in applying for the Free/Reduced Lunch Program can pick up an application in the school office. 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. The participation in this program is <i>completely confidential</i> .		
<b>REDUCED LUNCHES</b> <b>40¢ daily; 20 reduced lunches - \$8.00</b>				

# Summer Vacation

		13 <b>MEET THE TEACHER DAY</b>	14 <b>1ST DAY OF SCHOOL</b> Chef's Salad Ham & Cheese Cups Crackers Carrot Sticks Apples, Jell-O Milk	15 Pizza Fresh Vegetables w/Dip Banana Milk
18 Salisbury Steak Potatoes & Gravy Wheat Roll Pineapple Milk	19 Spaghetti Green Beans Pears Bread Sticks Milk	20 Grilled Chicken Sandwich Sliced Potatoes Fresh Fruit Mix Milk	21 Nachos with Beef Refried Beans Cinnamon Apples Milk	22 Pizza Caesar Salad Oranges Milk
25 Corn Dog Tater Tots Peaches Pudding Milk	26 Chicken Nuggets Potatoes & Gravy Biscuit Pears Milk	27 Grilled Cheese Sandwich Carrot/Celery Sticks w/Peanut Butter Apple Milk	28 Taco Burgers Shredded Lettuce Orange Cookie Milk	29 Pizza Corn on the Cob Cherry Crisp Milk

## Harvest Product of the Month



Peaches are a tasty treat with modest calories, a good source of vitamins A & C, potassium, low sodium, and no saturated fat. Peaches are a healthful snack and a smart, low calorie way to end a meal.

### VITAMIN A

Vitamin A plays a crucial role in maintaining the skin, internally and externally, as well as in protecting the eyes, building strong teeth and bones and healthy hair. Additionally, research indicates that vitamin A has been linked to reduced rates of cancer and heart disease.

### VITAMIN C

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

### POTASSIUM

Potassium steadies blood pressure, sends nerve messages, relaxes nerves, and maintains chemical balances.

