

DECEMBER 2009

Deer Creek
Public Schools
FOOD SERVICES

LUNCH MENU Elementary Schools

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).

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



RECIPE of the Month



HOLIDAY CRANBERRY CHUTNEY

- 1 (12 oz) bag fresh or frozen cranberries
- 1 1/4 cups sugar
- 3/4 cup water
- 1 large cooking apple, chopped
- 2 tsp ground cinnamon
- 1 tsp ground ginger
- 1/4 tsp ground cloves

DIRECTIONS

1. In a saucepan, combine all ingredients; bring to a boil stirring constantly. Reduce heat; simmer for 15-20 minutes or until apple is tender and mixture thickens. Cool completely.
2. Store in the refrigerator. Serve over cream cheese with crackers or as a condiment with pork, ham or chicken.

This is an easy recipe which would be fun to make with children for your family, friends, relatives and neighbors this holiday season. Put cooled chutney in a decorated jar and give as a great gift with a package of cream cheese and a box of crackers.

Harvest Product of the Month

CRANBERRIES



Cranberries have long been valued for their ability to help prevent and treat urinary tract infections. Now, recent studies suggest that this native American berry may also promote gastro-intestinal and oral health, prevent the formation of kidney stones, lower LDL and raise HDL (good) cholesterol, aid in recovery from stroke, and even help prevent cancer.

Fresh cranberries, which contain the highest levels of beneficial nutrients, are at their peak from October through December, just in time to add their festive hue, tart tangy flavor and numerous health protective effects to your holiday meals. When cranberries' short fresh season is past, rely on cranberry juice and dried or frozen cranberries to help make every day throughout the year a holiday from disease.

MON	TUE	WED	THU	FRI
<p>This menu contains NO PEANUT PRODUCTS</p>	1 Ravioli Green Beans Pears Bread Sticks Milk	2 Chicken Sandwich Potato Wedges Pineapple Milk	3 Frito Chili Pie Corn Apple Milk	4 Pizza Sticks w/Spaghetti Sauce Salad & Yogurt Grapes Milk
	7 Chicken Nuggets Potatoes & Gravy Biscuit Pears Milk	8 Stew Crackers Peaches Cinnamon Roll Milk	9 Mini Hamburgers Corn on the Cob Mixed Fruit Milk	10 Taco Lettuce & Cheese Grapes Cookie Milk
14 Uncrustable Grilled Cheese Mixed Vegetables Orange Milk	15 Corn Dogs Tater Tots Pears Milk	16 Burrito Salad Cinnamon Apples Milk	17 Turkey Gravy (Holiday Ham @ RU) Potatoes, Stuffing Green Beans Roll & Cake Milk	18 Cheese Pizza Corn Mixed Fruit Milk



HAPPY HOLIDAYS
school resumes on Tuesday
JANUARY 5, 2010



WARM CRANBERRY WASSAIL

- 1 64-oz cranberry juice cocktail
- 2 1/2 cups apple juice
- 1/4 cup sugar, optional
- 3 3-inch cinnamon sticks
- 1 tsp whole allspice
- 1/2 tsp ground nutmeg
- orange slices and whole cloves for garnishing

Combine all ingredients, except garnishes, in a large saucepan. Heat to boiling, reduce heat and simmer for 10 minutes. Strain punch to remove spices. Place in a heat proof punch bowl. Garnish with orange slices studded with cloves.

Enjoy!
(makes 14 6-oz servings)