

# NOVEMBER 2009

Deer Creek  
Public Schools  
FOOD SERVICES

LUNCH MENU  
Elementary  
Schools

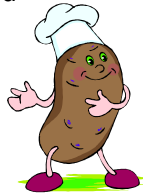
In accordance with federal law and United States Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, nation origin, sex, age or disability. To file complaint of discrimination, write to: USDA, Director Office of Civil Rights, Room 326-W, 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

### Salmon & Potato Casserole

- 4 Potatoes (peeled; thinly sliced)
- 16 oz can Salmon, drained and flaked
- 2 Eggs, beaten
- 2 cups Milk, scalded
- 3 tbs Flour
- 1 tbs Salt and Pepper
- 1 medium Onion, chopped
- 1 tbs Butter or margarine
- Nutmeg to taste













Place half of the potatoes in greased slow cooker. Sprinkle with half of the flour, salt and pepper. Cover with half of salmon. Sprinkle with half the onion. Repeat layers in order. Gradually add beaten eggs and butter to scalded milk. Stir well. Pour over potato-salmon mixture. Dust with nutmeg. Cover and cook on Low setting for 7-10 hours.

## Harvest Product of the Month



Potatoes were introduced to North America in the 18<sup>th</sup> century via Irish immigrants, however their native home is South America. Potatoes were first cultivated in the Andes Mountains over 7,000 years ago. Many kinds of potatoes are seen in restaurants, grocery stores, and even homes today, but the most common of these are the russet, round white, and the red potato.

Potatoes are tough and durable, store well, and have an impressive nutritional content including being a rich source of fiber, potassium and vitamin C. Like other fruits and vegetables, potatoes are a low calorie food and are free of fat, cholesterol, and sodium. Keep in mind, however, that the leaves and stems of a potato plant are poisonous and may cause illness when ingested.

MON	TUE	WED	THU	FRI
2 Cheeseburger Baked Beans Mixed Fruit Chocolate Chip Cookie Milk	3 Ravioli Bread Stick Green Beans Pineapple  Milk	4 Chicken Sandwich Lettuce & Tomato Potato Wedges Peaches  Milk	5 Macaroni & Cheese w/Little Smokies Peas Wheat Roll Rosy Applesauce Milk	6 <b>No School</b> <i>Elementary Schools Only</i>
9 Salisbury Steak Mashed Potatoes w/Gravy  Hot Roll Pears Milk	10 Chicken & Noodles Peas Crackers Pineapple   Milk	11 Uncrustable Grilled Cheese Tater Tots Apple Slices Trix Yogurt Cup Milk	12 Stew Crackers Cinnamon Roll Peaches   Milk	13 Stuffed Pizza Sticks w/Spaghetti Sauce Salad Fruit Jell-O  Milk
16 Egg Roll Steamed Rice Pineapple Fortune Cookie   Milk	17 Corn Dog Tater Tots Mixed Fruit   Milk	18 Burrito Salad Applesauce   Milk	19 Turkey Gravy Stuffing Mashed Potatoes Green Beans, Roll Cranberry Sauce Pumpkin Cake Milk	20 Cheese Pizza Corn on the Cob Orange   Milk
23 Popcorn Chicken Potato Wedges Fruit Biscuit Milk	24 <i>Chef's Choice</i> 	25 <b>No School</b> 	26 	27 <b>No School</b> 
30 <i>Chef's Choice</i> 	<b>This menu contains NO PEANUT PRODUCTS</b>	Potatoes were often eaten aboard ships to prevent scurvy, a disease caused by a deficiency of vitamin C.	<b>POTATO FAN FACTS</b>	America's first introduction to French fries dates to 1802 when President Thomas Jefferson served French fries at a White House dinner.