

# RECIPE of the Month



## Rose Union COLESLAW

DRESSING SALAD

- 1/2 cup Dairy sour cream
- 1/2 cup Mayonnaise
- 2 tsp Sugar
- 1 tbsp Onion, finely chopped
- 1 tsp Lemon juice
- 2 cups Green cabbage, shredded
- 1 cup Red apple, chopped
- 1 cup Carrots, shredded
- 3/4 cup Pineapple tidbits, drained

In a small bowl, combine all dressing ingredients; in larger bowl, combine all salad ingredients; toss lightly. Pour dressing over salad; mix well. Cover; refrigerate to blend flavors. SOURCE: Billie Mayes, RU Cafe

## 5-Minute CALIFORNIA SLAW

- 2 cups Coleslaw blend
- 1 cup Roasted chicken breast cuts
- 1/4 cup Chopped seedless orange sections
- 1 tbsp Chopped red onion (optional)
- 1 tbsp Chopped cilantro
- 1/4 cup Light Italian dressing

TOSS coleslaw blend with chicken breast cuts, oranges, onion and cilantro. ADD dressing, mix lightly. SOURCE: www.kraftfoods.com

Deer Creek Public Schools  
FOOD SERVICES

ELEMENTARY SCHOOLS



LUNCH  
MENU

This menu contains NO PEANUT PRODUCTS.

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
		1 Hoagie Sandwich Grapes Coleslaw Go-Gurt Milk	2 Chili Mac Bread Stick Carrots Mixed Fruit Milk	3 Cheese Pizza Corn Cherry Crisp Milk
6 Cheeseburger Tater Tots Pears Cookie Milk	7 Spaghetti French Bread Green Beans Pineapple Milk	8 Chef Salad Cheese Cups Crackers Bananas Jell-O Milk	9 Burrito Salad Cinnamon Apples Cookie Milk	10 Pizza Stick w/ Marinara Sauce Salad Orange Wedges Milk
13 Corn Dog Tater Tots Pineapple Milk	14 Steak Fingers Potatoes & Gravy Peaches Hot Roll Milk	15 Grilled Chicken Sandwich Sliced Potatoes Grapes Milk	16 Taco Salad Shredded Lettuce Mixed Fruit Cookie Milk	17 Pizza Salad Strawberries & Banana Milk
20 Sloppy Joe Tater Tots Pear Milk	21 Chicken Nuggets Potatoes & Gravy Peaches Hot Roll Milk	22 Pretzel w/Cheese Sauce California Medley Vegetables Orange Wedges Milk	23 Tacos Lettuce & Cheese Cinnamon Apples Salsa Milk	24 Pizza Stick w/Marinara Sauce Corn Apricots Milk
27 Mac & Cheese Green Beans Bread Stick Peaches Milk	28 Frito Chili Pie Corn Apple Wedges Cookie Milk	29 Stew Cinnamon Rolls Mandarin Orange Crackers Milk	30 Lasagna French Bread Caesar Salad Pears Milk	1 Pizza Stick California Vegetable Medley Applesauce Milk

# Harvest Product of the Month



## CABBAGE

Cabbage is an excellent source of vitamin C. It is also a very good source of fiber, manganese, folate, vitamin B6, potassium, and omega-3 fatty acids. Cabbage is also a good source of thiamin (vitamin B1), riboflavin (vitamin B2), calcium, potassium, magnesium, vitamin A, and protein.

Red cabbage is higher in fiber than green, with 4 ounces of it boiled and drained offering 2.7 grams. It's higher in vitamin C, offering 25.8 grams for 4 ounces cooked. Red cabbage is also higher in calcium, iron, and potassium than its green cousin.

Savoy and napa cabbage contain 20% of the RDA for vitamin A, while red and green cabbages contain considerably less.

Bok choy contains the most vitamin A, supplying 60% of the RDA, although it is equal to red and green cabbage in other nutrients.

### SELECTION

Fresh cabbage has a shiny, crisp look about it. Lift it up to see if it feels solid and compact. Generally, the heavier a cabbage, the denser it is. Avoid buying dried, shriveled, brownish, or dried-out looking cabbage.

