

RECIPE of the Month

NUTTY APRICOT WARM-UP

- 3-1/4 cups fat-free milk
- 1/4 tsp ground cinnamon
- 1/2 cup creamy wheat (enriched farina) hot cereal, uncooked
- 1 can, 17oz apricot halves, drained chopped
- 1/3 cup raisins
- 1/3 cup pecan pieces

MIX milk and cinnamon in large saucepan. Bring to boil over medium-high heat. Gradually add cereal; cook 2 minutes or until thickened, stirring constantly.

ADD apricots, raisins and pecans; mix well. Reduce heat to low. Cook and stir an additional 5 minutes.

SERVE topped with brown sugar and additional milk, if desired.

The creamy wheat (enriched farina) hot cereal is a rich source of iron, the milk provides calcium and the apricots are an excellent source of vitamin A and a good source of vitamin C.

SOURCE: www.kraftfoods.com

Deer Creek Public Schools
FOOD SERVICES





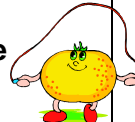








ELEMENTARY SCHOOLS



LUNCH
MENU

This menu contains NO PEANUT PRODUCTS.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 B-B-Que Sandwich Baked Beans Apple Cobbler  Milk	4 Mac & Cheese Bread Stick Green Beans Pears Milk	5 Hoagie Sandwich Shredded Lettuce Grapes Go-Gurt  Milk	6 Stew Cinnamon Roll Peaches  Milk	7 Cheese Pizza Corn Cherry Crisp Milk
10 Cheeseburger Tater Tots Pears Cookie  Milk	11 Spaghetti French Bread Green Beans Pineapple Milk	12 Pretzel w/ Cheese Sauce Salad Orange  Milk	13 Frito Chili Pie Corn Mixed Fruit Milk	14 Pizza Stick w/ Marinara Sauce Salad Apricots  Milk
17 Corn Dog Tater Tots Mixed Fruit Milk	18 Burrito Salad Orange  Milk	19 <i>PV Thanksgiving Dinner</i> <hr/> <i>DCE & RU Chef's Choice</i>	20 <i>PV Chef's Choice</i> <hr/> <i>DCE & RU Thanksgiving Dinner</i>	21 Pizza Pocket Corn Apricots  Milk
24 Ravioli Bread Stick Green Beans Pears  Milk	25 <i>Chef's Choice</i> 	26  No School	27 	28 No School 

APRICOT SELECTION

Look for fruits with a rich orange color while avoiding those that are pale and yellow. Fruits should be slightly soft. If they are too firm they have not been tree-ripened, and tree-ripened fruits always taste best.



APRICOT STORAGE

Just like peaches, apricots can ripen at room temperature. When they feel and smell ripe, store them wrapped in a paper bag in the refrigerator.

Harvest Product of the Month



The apricot is a fantastic fruit – loaded with beta carotene, iron, fiber, vitamin C and several B vitamins. If you dry an apricot, its nutrients get more concentrated, making it a great snack.

Beta-Carotene

Beta-carotene, a member of the anti-oxidant family, is believed to play a critical role in fighting disease. Apricots are a premium source of beta-carotene with just three fresh apricots containing about 30% of the recommended daily amount.

Vitamin A

The beta-carotene in apricots is converted to Vitamin A in the body. This nutrient helps protect the eyes and keep the skin, hair, gums and various glands healthy. It also helps build bones and teeth. Plus, research shows that Vitamin A helps to fight infection by maintaining strong immunity. Note: beta-carotene is often called Vitamin A on food labels.

A Strong Anti-Oxidant Team

The unique mix of compounds found in apricots also makes this fruit a good choice for helping to fight heart disease. Along with beta-carotene, apricots contain the other powerful anti-oxidants, Vitamin C and lycopene. Combined, these compounds help protect against cancer, heart disease and stroke.

