

RECIPE of the Month



PESTO MINISTRONE

MINISTRONE

- 2 cups coarsely chopped cauliflower (the equivalent of about 2 small heads)
 - 1½ cup chopped zucchini (1-2 medium)
 - 3 14.5 oz cans low sodium chicken broth
 - 1 16 oz can diced tomatoes, drained
 - 1 cup uncooked elbow macaroni or small pasta shells
 - 3 cups kidney beans or black-eyed peas, drained and rinsed
 - 1 cup sliced carrot
 - 1 cup chopped onion
- ### PESTO
- 2 tbsp olive oil
 - 2 garlic cloves
 - 1 cup fresh, loosely packed basil leaves
 - 1 tbsp water

MINISTRONE

In a 5-6 quart saucepan bring 1/2 cup water to boil and add tomatoes, cauliflower, onion and carrots; reduce heat and simmer covered 10 minutes or until vegetables are tender. Add zucchini, beans, broth and pasta. Return to a boil, reduce heat and simmer uncovered 10 minutes.

PESTO

Put all pesto ingredients in food processor or blender and process until very finely chopped. Just before serving, remove soup from heat and stir in pesto.

Prep Time: 30 minutes; Serves 8

% of Daily Value: based on a 2,000 cal. diet
Vitamin A-60%, Vitamin C-30%;
Calcium-4%; Iron-8%; Dietary Fiber-48%

Source: Produce for Better Health

Deer Creek Public Schools FOOD SERVICES



ELEMENTARY SCHOOLS



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
!!! PEANUT ALERT !!! Character below will be displayed on days the menu might contain peanuts.		1 Turkey & Cheese Sandwich Lettuce Pineapple, Pudding Milk	2 Potato Bar w/Fixings Bread Stick Fruit for Salad Milk	3 Cheese Pizza Caesar Salad Peach Crisp Milk
6 Salisbury Steak Potatoes & Gravy Wheat Roll Mixed Fruit Milk	7 Chicken & Noodles Peas Crackers Pineapple Milk	8 Chef Salad Ham & Cheese Grapes Mini Croissant Milk	9 Nachos Black Beans Cinnamon Apples Milk	10 Pizza Stick Corn Strawberries Banana Milk
13 Chili Cheese Dogs French Fries Pears Milk	14 Rib-A-Que Sandwich California Medley Vegetables Mixed Fruit, Milk	15 <i>Chef's Choice</i> 	16 <i>Fall</i> 	17 <i>Breaks</i>
20 <i>PROFESSIONAL DAY</i> <i>No School</i> 	21 Corn Dog Tater Tots Go-Gurt Peaches Milk	22 Grilled Cheese Sandwich Little Smokies Peas, Pears Milk	23 Burrito Salad Applesauce Milk	24 Cheese Pizza Corn Mixed Fruit Milk
27 Egg Roll Steamed Rice Pineapple Fortune Cookie Milk	28 Mac & Cheese Green Beans Bread Stick Fruit Milk	29 Cheeseburger Tater Tots Peaches Chocolate Cake Milk	30 Tacos Burgers Shredded Lettuce Shredded Cheese Cinnamon Apples Milk	31 <i>No School</i>

Harvest Product of the Month



BEANS

Beans are the ultimate power food – low in fat and high in protein, fiber and a variety of vitamins and minerals.

Including beans in our diet helps us:

LOWER CHOLESTEROL

Beans are one of the best foods to help lower cholesterol. They are packed with soluble fiber which helps prevent cholesterol from being absorbed by our bodies.

KEEP BLOOD SUGAR STEADY

Unlike sugary foods, beans are rich in complex carbohydrates which are digested slowly. Glucose then enters the bloodstream a little at a time, helping to keep blood sugar levels steady.

FIGHT CANCER

Studies suggest that low-fat, fiber-rich beans are some of the best cancer fighting foods. They contain compounds that have been shown to inhibit cancer cell growth.

Beans are also a good source of folate, iron and potassium.

