

RECIPE of the Month



Orange, Pineapple, Papaya Salad



INGREDIENTS:

- 1 medium sized pineapple, cut into 1 inch pieces
- 4 oranges, segments cut out from membrane
- 1 large papaya, cut into pieces
- 2 TBS sliced almonds

DIRECTIONS:

- Cut fruit and mix together.
- Sprinkle with sliced almonds.
- Serve and enjoy.

Serves 4; one serving contains the following nutrients:

Nutrient	%DV
vitamin C	244.3
manganese	99.5
dietary fiber	26.2
folate	22.4
potassium	18.1
vitamin B1	16.7













SOURCE: whfoods.com

Deer Creek Public Schools FOOD SERVICES

ELEMENTARY SCHOOLS



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 LABOR DAY NO SCHOOL	2 Macaroni & Cheese Bread Stick Green Beans Pineapple  Milk	3 Hoagie Sandwich Shredded Lettuce Carrot Sticks Apple Pretzel Milk 	4 Potato Bar w/Fixings Bread Stick Peaches Milk	5 Pizza Corn Mixed Fruit  Milk
8 Cheeseburger Tater Tots Pineapple  Milk	9 Rib-A-Que Augratin Potatoes Peaches Wheat Rolls Milk	10 Ham & Cheese Hoagie Sandwich Shredded Lettuce Grapes + Yogurt Milk	11 Ravioli Bread Stick Green Beans Pears Milk 	12 Pizza Stick Salad Strawberries Milk 
15 Salisbury Steak Potatoes & Gravy Hot Roll Pears Milk	16 Spaghetti French Bread Green Beans Pineapple Milk 	17 Grilled Chicken Sandwich Sliced Potatoes Fresh Fruit Mix Milk	18 Taco Salad Shredded Lettuce Cheese Apple Milk 	19 Pizza Corn on the Cob Cherry Crisp Milk
22 Chicken Nuggets Biscuit Corn on the Cob Peaches  Milk	23 Corn Dog Tater Tots Pears  Milk	24 Grilled Chicken Sandwich Peas Mixed Fruit Milk	25 Tacos Shredded Lettuce Cheese Corn Oranges Milk 	26 Pizza Stick Caesar Salad Applesauce Milk
29 Egg Roll Steamed Rice Pineapple Fortune Cookie Milk	30 Pretzel w/ Cheese Sauce Salad Orange  Milk	PINAPLE SELECTION: Look for pineapples that are heavy for their size. The ideal fruit is free of soft spots, bruises and darkened "eyes," all of which may indicate that the pineapple is past its prime. Pineapple stops ripening as soon as it is picked, so choose fruit with a fragrant sweet smell at the stem end. Avoid pineapple that smells musty, sour or fermented.		

Harvest Product of the Month



For the early American colonists, serving fresh pineapple was a symbol of prestige and social class. Today, we can easily enjoy this once rare treat year-around. Including this tasty fruit in our diet benefits us in many ways. Pineapples help us stay healthy, they are rich in vitamin C and contain substances that keep bones strong and promote digestion.

SOURCE OF VITAMIN C

Vitamin C boosts the immune system, promotes healing and helps prevent cancer, heart disease and stroke.

SOURCE OF MANGANESE

Our bodies use manganese to make collagen, a protein that helps build connective tissues like bone, skin, and cartilage.

SOOTHES COUGHS AND COLDS

Pineapple is also a good source of bromelain, which helps suppress coughs and loosens the mucus that often accompanies colds. Studies have found bromelain effective in treating upper respiratory conditions and acute sinusitis.

