

# OCTOBER 2009

Deer Creek  
Public Schools  
FOOD SERVICES

## LUNCH MENU Elementary Schools

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### RECIPE of the Month

## PESTO MINESTRONE

#### MINESTRONE

- 2 cups coarsely chopped cauliflower (the equivalent of about 2 small heads)
  - 1.5 cups chopped zucchini (1-2 medium)
  - 3x 14.5 oz cans low sodium chicken broth
  - 1x 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
- 1 tbsp olive oil
  - 2 garlic cloves
  - 1 cup fresh, loosely packed basil leaves
  - 1 tbsp water

#### MINESTRONE

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%

## 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.

W E D

T H U

F R I

This menu contains  
**NO PEANUT PRODUCTS**

- 1  
Potato Bar w/Fixings  
Bread Stick  
Apples  
Milk

- 2  
Cheese Pizza  
Caesar Salad  
Strawberries  
Bananas  
Milk

- 5  
Salisbury Steak  
Potatoes & Gravy  
Wheat Roll  
Mixed Fruit  
Milk

- 6  
Chicken & Noodles  
Peas  
Crackers  
Pineapple  
Milk

- 7  
Chef Salad  
Turkey & Cheese  
Watermelon  
Mini Croissant  
Milk

- 8  
Nachos  
Refried Beans  
Cinnamon Apples  
Milk

- 9  
Pizza Stick  
Marinara Sauce  
Corn  
Grapes  
Milk

- 12  
Chili Cheese Dogs  
French Fries  
Go-Gurt  
Pears  
Milk

- 13  
Rib-A-Que  
Sandwich  
California Medley  
Vegetables  
Apples, Milk

- 14  
Pizza  
Caesar Salad  
Orange  
Milk



- 19  
Corn Dog  
Tater Tots  
Go-Gurt  
Peaches  
Milk

- 20  
Ravioli  
Bread Stick  
Green Beans  
Pineapple  
Milk

- 21  
Grilled Cheese  
Sandwich  
Little Smokies  
Peas, Pears  
Milk

- 22  
Burrito  
Salad  
Rosy Applesauce  
Milk

- 23  
Cheese Pizza  
Corn  
Orange  
Milk

- 26  
Egg Roll  
Steamed Rice  
Pineapple  
Fortune Cookie  
Milk

- 27  
Mac & Cheese  
Green Beans  
Bread Stick  
Fruit  
Milk

- 28  
Popcorn Chicken  
Potato Wedges  
Biscuit  
Plums  
Milk

- 29  
Taco Burgers  
Shredded Lettuce  
Shredded Cheese  
Cinnamon Apples  
Milk

- 30  
Pizza Stick  
Marinara Sauce  
Corn  
Grapes  
Milk

MON

TUE