

AUGUST 2009

Deer Creek
Public Schools
FOOD SERVICES

LUNCH MENU Elementary Schools

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DC Child Nutrition *** Lisa Hall, Director *** 20701 N. MacArthur Blvd., Edmond, OK 73012 *** (405) 348-6100x1112

**WELCOME
BACK!**

We hope you had a wonderful and restful summer. We have an excellent staff providing nutritional and tasty lunches at all elementary school cafeterias. For your convenience, the cafeteria managers and phone numbers are listed below:

DEER CREEK ELEM.
Cindy Weaver
348-9100 X 590

GROVE VALLEY
Brenda Willmon
359-3195

PRAIRIE VALE
Joy Oswald
359-3174 x 417



ROSE UNION
Kathy Lawson
359-3188 x 325

To add to your student's lunch account, please send a check payable to Deer Creek Public Schools to your student's teacher. When the lunch account reaches a low or negative balance, a slip indicating the balance will be sent home. If your student owes more than \$8.50, a peanut butter sandwich and white milk will be served until the account is replenished. The cost for elementary school lunches remains the same as last year, \$2.25 per day.

Harvest Product of the Month



GRAPES

BENEFITS

Grapes practically overflow with polyphenols, plant compounds that act as antioxidants and protect us from heart disease and cancer. They also have fiber, small amounts of vitamins, and important minerals like potassium, calcium, manganese, and iron.

SELECTION

Choose grapes that are plump and free from wrinkles. They should be intact, not leaking juice, and firmly attached to a healthy looking stem. One way to evaluate the sweetness of grapes is by their color. Green grapes should have a slight yellowish hue, red grapes should be mostly red, while purple and blue-black grapes should be deep and rich in color. Grapes may be stored in a plastic bag in the refrigerator for about a week. Before eating, make sure you rinse them well in case they were sprayed with insecticide.

PAID LUNCHES

\$2.25 daily

20 paid lunches—\$45.00

REDUCED PRICE LUNCHES

\$0.40 daily

20 reduced price lunches—\$8.00

Parents interested in applying for the Free/Reduced Lunch Program for the 2009-10 school year can pick up an application in the school office or print one from the district web site at www.deercreekschools.org, under Administration/Food Services. It takes a few days for the forms to be processed and the student is responsible for \$2.25 per lunch until the application procedure is completed. Participation in this program remains completely confidential.

MON

TUE

WED

THU

FRI

10

11

12

13

14



17

18

19

20

21

**MEET
THE
TEACHER DAY**

1ST DAY OF SCHOOL
Corn Dog
Tater Tots
Pears

Milk

Grilled Chicken
Sandwich
Sliced Potatoes
Mixed Fruit
Milk

Nachos
Refried Beans
Cinnamon Apples

Milk

Pizza
Caesar Salad
Grapes

Milk



24

25

26

27

28

Chicken Nuggets
Potatoes & Gravy
Biscuit
Pineapple
Milk

Grilled Cheese
Sandwich
Corn
Apple
Milk



Chef's Salad
Ham & Cheese Cup
Crackers
Banana and Jell-O
Milk



Taco
Refried Beans
Cinnamon Apples
Cookie
Milk

Pizza Stick
Carrot/Celery Sticks
w/Peanut Butter
Apricot Crisp
Milk



31

Mac & Cheese
Green Beans
Bread Stick
Peaches
Milk

GRAPE HISTORY

Grapes have a long and abundant history. While they've grown wild since prehistoric times, evidence suggests they were cultivated in Asia as early as 5000 BC. Grapes were first planted in the United States in the early 17th century at a Spanish mission in New Mexico. From there, they quickly spread to the central valley of California where climate, and absence of grape-destroying insects, best supported their production. Today, Italy, France, Spain, the United States, Mexico and Chile are among the largest commercial producers of grapes.

