



NOVEMBER 2010

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) 348-6100 x 1112

Steaked-Out Pita Pizzas

- 1 lb beef shoulder center steaks or boneless top sirloin steak, cut 3/4 inch thick
- 2/3 cup reduced-fat non-creamy Caesar dressing, divided
- 4 whole wheat pita breads
- 3/4 cup shredded reduced-fat Italian cheese blend, divided
- 6 cups loosely packed sliced romaine lettuce
- 1 cup diced tomatoes
- 1/4 tsp salt
- 1/4 tsp pepper

Excellent source of fiber, protein, niacin, B6, B12, selenium and zinc.

1. Heat oven to 350 F. Cut beef steak lengthwise in half, then crosswise into 1/8-inch thick strips. Combine beef and 1/3 cup dressing in medium bowl; toss to coat. Cover and marinate in refrigerator 30 minutes.
2. Place pita breads slightly overlapping on metal baking sheet. Sprinkle 2 tablespoons cheese on each pita. Bake in 350 F oven 10 to 12 minutes or until pitas are toasted and cheese is melted.
3. Meanwhile, remove beef from marinade, draining well; discard marinade. Heat large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining beef.
4. Toss lettuce, tomatoes and remaining 1/2 cup cheese in large bowl. Add beef and remaining 1/3 cup dressing; toss to coat evenly. Season with salt and pepper. Divide beef mixture evenly over pitas. Serve immediately.

SERVES: 4 * PREP TIME: 15 min * COOKING TIME: 15 min



Harvest Product of the Month LETTUCE



BENEFITS

- Lettuce is a good source of chlorophyll, vitamin K and iron.
- Lettuce has been associated with reducing the risk of cancer, heart disease, stroke and cataracts. This mainly results from the presence of beta-carotene, the chief disease-fighting nutrient, in the salad.
- Lettuce magnesium content has exceptional vitalizing powers especially in the muscular tissues, the brain and the nerves.
- Lettuce has a high content of dietary fiber.
- Lettuce is beneficial in the treatment of insomnia as it contains a sleep inducing substance.

FUN FACTS

- Iceberg lettuce, previously called Crisphead lettuce, got its name from the fact that California growers started shipping it covered with heaps of crushed ice in the 1920's.
- Americans eat about 30 pounds of lettuce every year. That's about five times more than what we ate in the early 1900s.

MON

TUE

WED

THU

FRI

1 Ravioli Green Beans Pears Bread Stick Milk 	2 B-B-Q Sandwich Baked Beans Apple Cobbler Milk 	3 Stew Cinnamon Rolls Peaches Milk 	4 Nachos Refried Beans Corn Cinnamon Apples Milk 	5 No School 
8 Cheeseburger Tater Tots Mixed Fruit Milk	9 Spaghetti Green Beans French Bread Pears Milk 	10 Chef's Salad Ham & Cheese Cup Crackers Orange, Jell-O Milk	11 Tacos Shredded Lettuce Shredded Cheese Cinnamon Apples Cookie Milk	12 Whole Grain Cheese Pizza Carrot Chips w/Dip Grapes Milk 
15 Fried Chicken Corn Biscuit Peaches Milk 	16 Corn Dog Tater Tots Mixed Fruit Milk	17 Burrito Salad Applesauce Milk 	18 <u>THANKSGIVING FEAST</u> Turkey Gravy Mashed Potatoes Dressing Green Beans, Roll Pumpkin Cake, Milk 	19 Pizza Stick Salad Orange Yogurt Milk 
22 Grilled Cheese Sandwich Peas Pears Milk 	23 Chef's Choice 	24 No School 	25 	26 No School 
29 Chef's Choice 	30 Mac & Cheese Green Beans Hot Roll Mixed Fruit Milk	<ul style="list-style-type: none"> • Darker lettuce leaves are more nutritious than the lighter green leaves. • The outer leaves may contain fifty times more nutrients than the stem, so eat everything! • Romaine lettuce is one of the most nutritious types of the lettuce varieties. 		This menu contains NO PEANUT PRODUCTS