

# OCTOBER 2010

Deer Creek  
Public Schools  
FOOD SERVICES

## LUNCH MENU Elementary Schools

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### RECIPE of the Month

#### Whole Wheat, Oatmeal and Banana Pancakes

- 1 cup uncooked rolled oats
- 1 cup whole wheat flour
- 3/4 cup all-purpose flour
- 1/4 cup brown sugar
- 2 tbs dry milk powder
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 egg
- 2 cups milk
- 2 tbs vegetable oil
- 1 tsp vanilla extract
- 1 banana, mashed

Prep Time: 15 min  
Cook Time: 15 min  
Makes 12 pancakes

Place the rolled oats into the jar of a blender and blend until the texture resembles coarse flour. Whisk together the blended oats, whole wheat flour, all-purpose flour, brown sugar, dry milk powder, baking powder, baking soda, and salt in a bowl; set aside.

Whisk together the egg, milk, vegetable oil, and vanilla. Stir in the mashed banana. Pour the egg mixture into the flour mixture and stir just until moistened. Let the batter stand for 5 minutes.

Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry, about 2 minutes. Flip, and cook until browned on the other side. Repeat with remaining batter.

% of DAILY VALUE: based on a 2,000 cal. diet  
Dietary Fiber 19%, Protein 22%, Calcium 31%  
Iron 25%, Thiamin 37%, Niacin 38%  
Vitamin B6 14%, Magnesium 25%, Folate 31%

## Harvest Product of the Month WHOLE GRAINS

A grain is considered whole when all three parts – bran, germ and endosperm – are present. Most people know that fruits and vegetables contain beneficial phytochemicals and antioxidants, but many do not realize that whole grains are often an even better source of these key nutrients. In fact, whole grains are a good source of B vitamins, Vitamin E, magnesium, iron and fiber, as well as other valuable antioxidants not found in some fruits and vegetables. Most of the antioxidants and vitamins are found in the germ and the bran of a grain.

Rich in fiber, whole grains have been shown to reduce blood pressure and risk of heart attack. A diet that is high in whole grains may also be protective against cancer, cardiovascular disease, diabetes, and obesity, according to a meta-analysis done by Dr. Joanne Slavin of the University of Minnesota in 2004.

#### Common Types of Whole Grains:

wild rice, brown rice, whole wheat, oatmeal, whole oats, barley, whole rye, bulgur, popcorn

#### Less Common Types of Whole Grains:

amaranth, millet, quinoa, sorghum, triticale


W E D

T H U

F R I


Products labeled with words such as "multi-grain," "100% Wheat," or "stone ground" may not necessarily be "whole grain" – make sure the ingredient statement lists "whole" before the specific grain.


**This menu  
contains  
NO PEANUT  
PRODUCTS**


1 Whole Grain  
Cheese Pizza  
Caesar Salad  
Strawberries  
Banana  
Milk 


4  
Salisbury Steak  
Potatoes & Gravy  
Whole Wheat Roll  
Mixed Fruit  
Milk

5  
Chicken & Noodles  
Carrots  
Bread Stick  
Pineapple  
Milk 

6  
Chef Salad  
Turkey & Cheese  
Broccoli  
Whole Grain Crackers  
Grapes  
Milk 

7  
Nachos  
Black Beans  
Corn  
Cinnamon Apples  
Milk 

8  
Whole Grain Pizza  
Caesar Salad  
Orange  
Milk 

11  
Hot Dog  
Whole Grain Bun  
Sweet Potato Fries  
Pears  
Milk 

12  
Burrito  
Corn  
Cinnamon Apples  
Milk 


13  
Ham & Cheese  
Sandwich  
Whole Grain Bun  
Broccoli, Grapes  
Milk

14  
Tacos  
Black Beans  
Shredded Lettuce  
Orange Wedges  
Milk 

15  
Whole Grain Pizza  
Caesar Salad  
Peaches  
Milk


18  
Chicken Nuggets  
Sweet Potato Fries  
Whole Grain Biscuit  
Mixed Fruit  
Milk

19  
Grilled Cheese  
Sandwich  
on Wheat Bread  
Little Smokies  
Peas & Carrots  
Pineapple  
Milk 

20  
Whole Grain Pizza  
Caesar Salad  
Grapes  
Milk 


21  
*Fall Break* 

22

25  
Hamburger  
Whole Grain Bun  
Sweet Potato Fries  
Pineapple  
Milk 

26  
Mac & Cheese  
Green Beans  
Whole Grain Biscuit  
Mixed Fruit  
Milk

27  
Pretzel  
w/Cheese Sauce  
Salad  
Grapes  
Yogurt  
Milk

28  
Taco Burgers  
Whole Grain Bun  
Lettuce/Cheese  
Black Beans  
Cinnamon Apples  
Milk 

29  
Whole Grain Pizza  
Broccoli & Carrots  
Orange  
Milk 