

# Harvest of the Month



## Spinach

There are three main varieties of spinach. Savoy has a curly leaf, the flat variety is smooth and semi-savoy has slightly curly leaves.

Spinach is an excellent source of vitamins A, K, folate, and iron. When choosing fresh spinach, make sure the leaves are free from blemishes and yellowing. Do not wash it prior to storage! Put it in a plastic bag and squeeze all the air out before putting it in the fridge.

## Did you know it's National Yogurt Month?



Indicates Locally Grown

### Breakfast daily:

Fresh Fruit, Variety of Milk, Cereal, and Yogurt

**Free for all students**

### Lunch daily:

Salad bar, fresh fruit, variety of milk

**\$0.40 reduced price (\$2.00/wk)**

**\$2.55 full price (\$12.75/wk)**

**\$0.50 for milk only (\$2.50/wk)**






Maplewood Richmond Heights  
Middle School



Maplewood Richmond Heights  
High School

# APRIL 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 Bagel w/ Cream Cheese	4 Chocolate Chip Oatmeal Bar	5 Breakfast Pizza	6 Sausage Patty and Toast	7 Homemade Oat and Fruit Muffin
Turkey Hot Dog Sweet Potato Waffle Fries Corn on the Cob Diced Pears	Beef Taco Salad Mexican Rice  Refried Beans Mixed Fruit	Macaroni and Cheese Garlic Breadstick Mixed Vegetables Apple Crisp	Oven Roasted Chicken Mashed Potatoes Green Beans Freshly Baked Biscuit Applesauce	Krumbly Burger Baked Potato Wedges Coleslaw Peach Slices
10 Blueberry Bread	11 Cinnamon Glazed Toast	12 MRH Chocolate Muffin <b>National Grilled Cheese Day!</b> Grilled Cheese Sandwich MRH Vegetable Soup Soft Pretzel Pineapple Tidbits	13 Pancakes w/syrup BBQ Pulled Pork on Bun MRH Potato Salad Sautéed Spinach Applesauce	14 <b>NO SCHOOL</b>
17 Apple Oatmeal Bar	18 Breakfast Rolled Taco	19 Breakfast Pizza	20 Omelet and Toast	21 Sausage Patty and Biscuit
Baked Chicken Sandwich Sweet Potato Waffle Fries Seasoned Peas Peach Slices	Beef Taco Salad Mexican Rice  Refried Beans Mandarin Oranges	Spaghetti w/ Meat sauce Cheese-filled Breadstick Green Beans Diced Pears	Baked Catfish Strips Soft Pretzel Roasted Broccoli Mixed Fruit	MRH Pizza Day! Pasta w/Marinara sauce Applesauce
24 Cinnamon Glazed Toast	25 Ham and Potato Bake	26 Biscuit and Gravy	27 Banana Bread	28 <b>PROFESSIONAL DEVELOPMENT DAY</b>
Cheeseburger Glazed Carrots Baked Potato Wedges Pineapple Tidbits	Beef and Bean Chili Jalapeno Cornbread Sautéed Spinach Diced Pears	Pork or Veggie Egg Roll Chicken Fried Rice  Asian Vegetable Blend Mandarin Oranges	Baked Potato Bar Soft Pretzel Seasoned Peas Peach Slices	
<b>Local Events:</b> <ul style="list-style-type: none"> <li>Every Wednesday starting in April, Schlafly Farmers Market is back from 4-7 PM!</li> <li>Maplewood 8th Annual Coffee Crawl, April 1st, 8AM -12:30PM. \$7 per ticket.</li> <li>Maplewood Stringfest, April 29th, 4-7 PM.</li> <li>Richmond Heights Tween Egg Hunt, April 7th, 7:30-8:30 PM at Deer Creek Park.</li> <li>Richmond Heights Easter Eggstravaganza, April 8th, 10:00-10:30 AM at AB Green Park.</li> <li>Richmond Heights Art Fair, April 30th, 11AM -6PM, Lindbergh Drive.</li> </ul>				