

Harvest of the Month



Pears

Pears are an excellent source of fiber and a good source of Vitamin C. It also contains a good bit of potassium!

They can come in a rainbow of colors such as green, red, yellow, and brown. As a part of the rose family, they are related to apples, cherries, and peaches. A few common varieties are the Bartlett, Bosc, and Green or Red Anjou.

Eat them raw or cooked for a delicious treat!

It's National Pear 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)

\$2.65 full price (\$13.25/wk)

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










Maplewood Richmond Heights
Middle School



Maplewood Richmond Heights
High School

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Local Neighborhood Events:</u> December 1st - Maplewood Christmas Tree Walk, Downtown Maplewood, 6 PM - 9 PM December 2nd - Dine with the Clauses, The Heights, 9 AM - 11 AM December 19th - Teen Book Club, Richmond Heights, 6:30 PM - 7 PM December 21st - Elementary Book Club, Richmond Heights, 7 PM - 7:30 PM</p>				1 Chicken Sausage & Toast MRH Pizza Day Chef's Choice Mixed Grapes
4 French Toast Sticks Baked Chicken Sandwich Sweet Potato Fries Monterey Veggie Blend Mandarin Oranges	5 Homemade Oatmeal Beef Taco Salad Mexican Rice  Refried Beans Pineapple Tidbits	6 Biscuit and Gravy Grilled Cheese Sandwich Tomato Soup Seasoned Peas Blueberry Crisp	7 Strawberry Bagelful Spaghetti w/Meat Cheese-filled Breadstick Green Beans Mixed Fruit	8 Pancakes w/syrup Colby Cheese Omelet Freshly Baked Biscuit Hash Brown Chicken Sausage Patty Applesauce
11 Breakfast Breadstick Cheeseburger Baked Potato Wedges Green Beans Sliced Pears	12 Chocolate Chip Muffin Mandarin Chicken Asian Fried Rice  Veggie Egg Roll Asian Vegetable Blend Peach Slices	13 Breakfast Pizza Hearty Ham and White Beans Homemade Cornbread Sautéed Spinach Mandarin Oranges	14 Omelet w/ Toast Shepherd's Pie  Garlic Knot Roll Glazed Carrots Pineapple Tidbits	15 Mini Cinnis BBQ Pulled Pork on Bun Baked Beans MRH Coleslaw Mixed Fruit
18 French Toast Sticks Turkey Hot Dog Sweet Potato Fries Roasted Broccoli Applesauce	19 Pancake on a Stick Chicken Fajita Mexican Black Beans Seasoned Corn Kernels Sliced Pears	20 Breakfast Surprise Beef and Bean Chili Soft Pretzel Capri Vegetable Blend Peach Slices	21 Apple Oatmeal Bar Sliced Pork Roast Mashed Potatoes Chef's Choice of Veggie Dinner Roll Apple Crisp	22 <h2>No School</h2>
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">   </div> <div style="font-size: 2em; font-weight: bold; color: blue;">Winter Break</div> <div style="text-align: center;">   </div> </div>				