

Harvest of the Month



Cherries

Cherries are a stone fruit, like peaches and plums. They can either be sweet, best to eat raw, or tart, best for cooking.

Cherries have antioxidants, fiber, and vitamin C that are beneficial for reducing inflammation.

Their growing season is short, typically from May to July, so be sure to buy and store them properly. Sweet red cherries should be dark and firm. Wrap them up in a plastic bag and keep them cold. Wash them right before eating.

MRH Soul Food Supper on 2/27!
MRH HS 5:30-7:30




Indicates Locally Grown

Breakfast daily:
Free for all students

Lunch daily:
Choice of milk, chocolate or 1%
\$0.40 reduced price (\$2.00/wk)
\$2.65 full price (\$13.25/wk)
\$0.50 for milk only (\$2.50/wk)



February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Local Neighborhood Events</u> Feb. 15th - Elem. Book Club, Rich. Heights, 7 - 7:30 PM Feb. 20th - Teen Book Club, Rich. Heights, 6:30 - 7 PM Feb. 24th - Schlafly Winter Farmers' Market, 9AM - 1PM</p> <p><i>Menu is subject to change. USDA is an equal opportunity provider, employer, and lender.</i></p>			<p>1 Banana Bread</p> <p>Roast Chicken Drumstick Mashed Potatoes Dinner Roll Seasoned Peas Peach Slices</p>	<p>2 Mini Blueberry Waffles</p> <p>Breaded Fish Shapes Broccoli Trees Cucumber Wheels Pineapple Tidbits</p>
<p>5 Mini Maple Pancakes</p> <p>Cheeseburger Sweet Potato Bites Baked Beans Diced Pears</p>	<p>6 Apple Oatmeal Bar</p> <p>Mini Corn Dogs Corn on the Cob Seasoned Green Beans Mandarin Oranges</p>	<p>7 Cherry Frudel</p> <p>Macaroni and Cheese Baby Carrots Broccoli Trees Cherries</p>	<p>8 Yogurt w/ WG Cracker</p> <p>Chicken and Bean Chili Homemade Cornbread Celery Sticks Cucumber Wheels Applesauce</p>	<p>9 Cinnamon Bagelful</p> <p>National Bagel and Pizza Day! MRH Pizza Day! Garden Salad Grape Tomatoes Diced Pears</p>
<p>12 Strawberry Oatmeal Bar</p> <p>Turkey Hot Dog Sweet Potato Bites Seasoned Corn Kernels Peach Slices</p>	<p>13 Mini Cinnamon French Toast</p> <p>BBQ Pulled Pork on Bun Baked Beans Seasoned Peas Pineapple Tidbits</p>	<p>14 Strawberry Bagelful</p> <p>Heart-Shaped Nuggets Cucumber Wheels Broccoli Trees Strawberries</p>	<p>15 Blueberry Bread</p> <p>Chicken Fajita Mini Sweet Peppers Grape Tomatoes Mandarin Oranges</p>	<p>16</p> <p>Professional Development Day</p>
<p>19</p> 	<p>20 Apple Oatmeal Bar</p> <p>Beef Nachos Refried Beans Seasoned Corn Kernels Mixed Fruit</p>	<p>21 Cherry Frudel</p> <p>Grilled Cheese Sandwich Tomato Soup Baby Carrots Celery Sticks Cherries</p>	<p>22 Yogurt w/WG Cracker</p> <p>Roast Chicken Drumstick Mashed Potatoes Dinner Roll Seasoned Green Beans Diced Pears</p>	<p>23 Banana Bread</p> <p>National Banana Bread Day! Breaded Fish Shapes Broccoli Trees Cucumber Wheels Peach Slices</p>
<p>26 Strawberry Bagelful</p> <p>Baked Chicken Sandwich Baked Potato Wedges Roasted Broccoli Pineapple Tidbits</p>	<p>27 Mini Cinnamon French Toast</p> <p>National Strawberry Day! Mini Corn Dogs Corn on the Cob Seasoned Green Beans Strawberries</p>	<p>28 Apple Frudel</p> <p>Macaroni and Cheese Baby Carrots Broccoli Trees Mixed Fruit</p>		