

## Harvest of the Month



### Oats

Oats are a cereal grain that gets harvested, cleaned, and roasted before it is ready for consumption.

Even after all of that, they still have their bran and germ, which provides soluble fiber, vitamins, and minerals.

Oatmeal may come in different forms, like old-fashioned, quick-cooking, steel-cut, or instant. All these forms provide the same nutritional benefits, so remember to eat your oats!

### It's National Oatmeal Month!



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)



# January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <b>New Year's Day</b></p>	<p>2 <b>Strawberry Oatmeal Bar</b></p> <p>Turkey Hot Dog Sweet Potato Bites Seasoned Corn Kernels Applesauce</p>	<p>3 Apple Frudel</p> <p>Chicken Fajita Mini Sweet Peppers Grape Tomatoes Diced Pears</p>	<p>4 Banana Bread</p> <p><b>National Spaghetti Day!</b> Spaghetti w/ Meat Sauce Cheese-filled Breadstick Cucumber Wheels Broccoli Trees Peach Slices</p>	<p>5 Mini Blueberry Waffles</p> <p>MRH Pizza Day! Garden Salad Baby Carrots Pineapple Tidbits</p>
<p>8 Mini Maple Pancakes</p> <p>Baked Chicken Sandwich Baked Potato Wedges Roasted Broccoli Mandarin Oranges</p>	<p>9 <b>Apple Oatmeal Bar</b></p> <p>Beef Nachos Refried Beans Seasoned Corn Kernels Mixed Fruit</p>	<p>10 Cherry Frudel</p> <p>Grilled Cheese Sandwich Tomato Soup w/crackers Celery Sticks Baby Carrots Applesauce</p>	<p>11 Yogurt w/WG cracker</p> <p>Roast Chicken Drumstick Mashed Potatoes Dinner Roll Seasoned Peas Diced Pears</p>	<p>12</p> <p><b>Professional Development Day</b></p>
<p>15</p> <p><b>Martin Luther King, Jr. Day</b></p>	<p>16 Mini Cinnamon French Toast</p> <p>Cheeseburger Sweet Potato Bites Baked Beans Peach Slices</p>	<p>17 Apple Frudel</p> <p>Mini Corn Dogs Corn on the Cob Green Beans Pineapple Tidbits</p>	<p>18 Blueberry Bread</p> <p>Spaghetti w/ Meat Sauce Cheese-filled Breadstick Baby Carrots Broccoli Trees Mixed Fruit</p>	<p>19 Grape Filled Crescent</p> <p>Colby Cheese Omelet Honey Wheat Biscuit Golden Hash Brown Grape Tomatoes Mandarin Oranges</p>
<p>22 Mini Maple Pancakes</p> <p>Turkey Hot Dog Sweet Potato Bites Corn Kernels Applesauce</p>	<p>23 <b>Apple Oatmeal Bar</b></p> <p>Sloppy Joe on Bun Baked Beans Seasoned Peas Diced Pears</p>	<p>24 Cherry Frudel</p> <p>Macaroni and Cheese Cucumber Wheels Broccoli Trees Peach Slices</p>	<p>25 Yogurt w/WG cracker</p> <p>Chicken Fajita Mini Sweet Peppers Grape Tomatoes Pineapple Tidbits</p>	<p>26 Cinnamon Bread</p> <p>MRH Pizza Day! Garden Salad Baby Carrots Mandarin Oranges</p>
<p>29 <b>Strawberry Oatmeal Bar</b></p> <p>Baked Chicken Sandwich Baked Potato Wedges Roasted Broccoli Mixed Fruit</p>	<p>30 Mini Cinnamon French Toast</p> <p>Beef Nachos Refried Beans Seasoned Corn Kernels Applesauce</p>	<p>31 Apple Frudel</p> <p>Grilled Cheese Sandwich Tomato Soup w/crackers Celery Sticks Baby Carrots Diced Pears</p>	<p><u>Local Neighborhood Events</u> January 16th - Teen Book Club, Rich. Heights, 6:30 - 7 PM January 18th - Elem. Book Club, Rich. Heights, 7 - 7:30 PM January 27th - Maplewood Sweet Tooth Tour, noon - 5 PM</p> <p><i>Menu is subject to change. USDA is an equal opportunity provider, employer, and lender.</i></p>	