

Harvest of the Month



Spinach

Spinach first started in the Middle East and has made it across the world. With its many health benefits like vitamins A, B2, B6, E and K, it's no wonder Popeye chose this as his strength builder! Eat it raw in salads or smoothies. Steam or saute them for a quick side dish. Put it in lasagna for a nutritional boost and pop of color. Spinach is a nutritional powerhouse, so eat some today!



National School Breakfast Week
March 5-9!

National Cereal Day is March 7th





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)



March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Local Neighborhood Events</u> March 16th - Family Night Bingo, Rich. Heights, 7 - 9 PM March 23rd - Tween Egg Hunt, Rich. Heights, 7:30 - 9 PM March 31st - Schlafly Winter Farmers' Market, 9:00 AM - 1:00 PM</p> <p><i>Menu is subject to change. USDA is an equal opportunity provider, employer, and lender.</i></p>			1 Cinnamon Bread Chicken and Bean Chili Homemade Cornbread Celery Sticks Cucumber Wheels Applesauce	2 Mini Blueberry Waffles MRH Pizza Garden Salad Grape Tomatoes Pineapple Tidbits
5 Yogurt w/WG cracker Turkey Hot Dog Sweet Potato Bites Corn Kernels Mandarin Oranges	6 Apple Oatmeal Bar BBQ Pulled Pork on Bun Baked Beans Seasoned Peas Mixed Berry Applesauce	7 Cherry Frudel Mini Ravioli w/Sauce Cheese-filled Breadstick Cucumber Wheels Broccoli Trees Mixed Fruit	8 Mini Maple Pancakes National Pancake Day! Chicken Fajita Mini Sweet Peppers Grape Tomatoes Peach Slices	9 Cinnamon Bagelful Colby Cheese Omelet Honey Wheat Biscuit Chef's Fresh Veggie Mix Hash Brown Diced Pears
12 Strawberry Oatmeal Bar Baked Chicken Sandwich Baked Potato Wedges Roasted Broccoli Applesauce	13 Mini Cinnamon French Toast Beef Nachos Refried Beans Seasoned Corn Kernels Mandarin Oranges	14 Apple Frudel Grilled Cheese Sandwich Homemade Tomato Soup Celery Sticks Baby Carrots Diced Pears	15 Banana Bread Chicken Nugget Clovers Mashed Potatoes Dinner Roll Seasoned Peas Mixed Fruit	16 Mini Blueberry Waffles MRH Pizza Garden Salad Baby Carrots Strawberries
19	 <h1>SPRING BREAK</h1>		22	
26 Mini Maple Pancakes National Spinach Day! Cheeseburger Sweet Potato Bites Baked Beans Pineapple Tidbits	27 Apple Oatmeal Bar Mini Corn Dogs Corn on the Cob Seasoned Green Beans Applesauce	28 Cherry Frudel Macaroni and Cheese Baby Carrots Broccoli Trees Diced Pears	29 Yogurt w/WG cracker Chicken and Bean Chili Homemade Cornbread Celery Sticks Cucumber Wheels Mandarin Oranges	30 Strawberry Bagelful Colby Cheese Omelet Honey Wheat Biscuit Grape Tomatoes Hash Brown Mixed Fruit