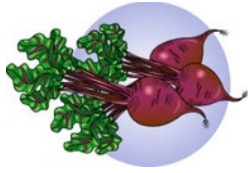


Harvest of the Month



Beets

Beets are considered a root vegetable, but they are related to spinach, chard, and quinoa. This means that the beet greens can be cooked like spinach or chard to provide even more nutrition for your body!

They are full of folate, manganese, potassium, fiber, and antioxidants, which makes the beet ideal for heart-healthy meals and possibly reduce the risk of cancer.

Keep an eye out for beets at lunch!

National School Lunch Week is October 9-13!




Indicates Locally Grown

Breakfast daily:
Free for all students

Lunch daily:
\$0.40 reduced price (\$2.00/wk)
\$2.65 full price (\$13.25/wk)
\$0.50 for milk only (\$2.50/wk)



October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Maple Pancakes	3 Apple Oatmeal Bar	4 Strawberry Bagelful	5 Yogurt w/ WG cracker	6 Blueberry Muffin
Turkey Hot Dog Corn on the Cob Baked Beans Applesauce	Macaroni and Cheese Cooked Carrots Seasoned Peas Diced Pears	Cheeseburger Cucumber Wheels Broccoli Trees Peach Slices	Chicken Fajita Mini Sweet Peppers Celery Sticks Mixed Fruit	MRH Pizza Garden Salad Grape Tomatoes Mandarin Oranges
9 Strawberry Oatmeal Bar	10 Mini Cinn French Toast	11 Apple Frudel	12 Banana Bread	13 Mini Blueberry Waffles
Baked Chicken Sandwich Potato Wedges Roasted Broccoli Pineapple Tidbits	Beef Nachos Mexican Rice  Corn Kernels Applesauce	Grilled Cheese Sandwich Tomato Soup Cauliflower Florets Celery Sticks Diced Pears	Roast Chicken Mashed Potatoes Dinner Roll Green Beans Peach Slices	Fish Shapes Baked Beans Baby Carrots Mixed Fruit
16 Mini Maple Pancakes	17 Apple Oatmeal Bar	18 Strawberry Bagelful	19 Yogurt w/ WG cracker	20 Cinnamon Bread
Cheeseburger Sweet Potato Bites Green Beans Mandarin Oranges	Chicken Chili w/ Beans WG Crackers Baked Potato Wedges Pineapple Tidbits	Macaroni and Cheese Cooked Carrots Seasoned Peas Mixed Fruit	Mini Corn Dogs Baby Carrots Broccoli Trees Applesauce	French Toast Sticks Chicken Sausage Patty Hash Brown Grape Tomatoes Banana Half
23 Strawberry Oatmeal Bar	24 Mini Cinn French Toast	25 Cherry Frudel World Pasta Day!	26 Blueberry Bread	27
Turkey Hot Dog Corn on the Cob Baked Beans Peach Slices	BBQ Pulled Pork on Bun Baked Potato Wedges Green Beans Mandarin Oranges	Spaghetti w/ Meat Sauce Cheese-filled Breadstick Garden Salad Mini Sweet Peppers Diced Pears	Chicken Fajita Mini Sweet Peppers Grape Tomatoes Pineapple Tidbits	Professional Development Day
30 Mini Maple Pancakes	31 Apple Oatmeal Bar <i>Happy Halloween!</i> Chicken Nuggets Green Beans Corn on the Cob Diced Pears	<u>Local Neighborhood Events:</u> Schlafly Farmers Market- Wednesdays from 4-7 PM. St. Louis Regional Night Out - October 3rd Richmond Heights Book Clubs: Teen - October 17th at 6:30 PM. Elementary - October 19th at 7:00 PM.		

Menu is subject to change.

This institution is an equal opportunity provider.