

# Harvest of the Month



## Rice

Rice has been eaten since 5000 BC, making it the oldest food we eat. There are three main varieties: short grain, medium grain, and long grain.

To get white rice, brown rice must be milled and polished. This process removes some of the nutrition and fiber from brown rice.

At MRH, we only serve brown rice to provide the best nutrition to our students.

**Please remember to fill out a Free and Reduced application for this school year, even if you don't think you qualify! Only one form per household is needed.**




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)



# September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mini Blueberry Waffles Fish Shapes Baked Beans Baby Carrots Applesauce
	<p><u>Local Food Events:</u> Schlafly Farmers Market- Wednesdays from 4-7 PM.</p> <p><i>Menu is subject to change. This institution is an equal opportunity provider.</i></p>			
4 <b>Labor Day</b> <b>HOLIDAY</b>	5 Apple Oatmeal Bar Chicken Chili w/ Beans WG Crackers Corn Kernels Peach Slices	6 Strawberry Bagelful Spaghetti w/Meat Sauce Cheese-filled Breadstick Garden Salad Mini Sweet Peppers Mixed Fruit	7 Yogurt w/WG cracker Mini Corn Dogs Grape Tomatoes Broccoli Trees Mandarin Oranges	8 Cinnamon Bread Colby Cheese Omelet Baked Biscuit Hash Brown Pineapple Tidbits
11 Strawberry Oatmeal Bar Turkey Hot Dog Corn on the Cob Baked Beans Applesauce	12 Mini Cinn French Toast Macaroni and Cheese Cooked Carrots Seasoned Peas Diced Pears	13 Apple Frudel Cheeseburger Celery Sticks Broccoli Trees Peach Slices	14 Banana Bread Chicken Fajita Mini Sweet Peppers Grape Tomatoes Mixed Fruit	15 Mini Blueberry Waffles MRH Pizza Garden Salad Cucumber Wheels Mandarin Oranges
18 Mini Maple Pancakes Baked Chicken Sandwich Oven Potato Wedges Roasted Broccoli Pineapple Tidbits	19 Apple Oatmeal Bar Beef Nachos Refried Beans  Mexican Rice Applesauce	20 Cinnamon Bagelful Grilled Cheese Sandwich Tomato Soup Celery Sticks Diced Pears	21 Yogurt w/WG cracker Roast Chicken Mashed Potatoes Soft Pretzel Green Beans Peach Slices	22 Cinnamon Bread Fish Shapes Baked Beans Baby Carrots Mixed Fruit
25 Strawberry Oatmeal Bar Cheeseburger Sweet Potato Bites Green Beans Mandarin Oranges	26 Mini Cinn French Toast Chicken Chili w/ Beans WG Crackers Corn Kernels Pineapple Tidbits	27 Cherry Frudel Spaghetti w/Meat Sauce Cheese-filled Breadstick Garden Salad Mini Sweet Peppers Diced Pears	28 Blueberry Bread Mini Corn Dogs Grape Tomatoes Broccoli Trees Applesauce	29 <b>Professional Development Day</b>