

Harvest of the Month



Pears

Pears are an excellent source of fiber and a good source of Vitamin C. It also contains a good bit of potassium! They can come in a rainbow of colors such as green, red, yellow, and brown. As a part of the rose family, they are related to apples, cherries, and peaches. A few common varieties are the Bartlett, Bosc, and Green or Red Anjou.

Eat them raw or cooked for a delicious treat!

It's National Pear Month!



Indicates Locally Grown

Breakfast daily:

Fresh fruit, variety of milk, cereal with cinn crisp

Free for all students

Lunch daily:

Salad bar, fresh fruit, variety of milk

Lunch daily:

\$0.40 reduced price (\$2.00/wk)

\$2.65 full price (\$13.25/wk)

\$0.50 for milk only (\$2.50/wk)



December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Local Neighborhood Events:</u> December 1st - Maplewood Christmas Tree Walk, Downtown Maplewood, 6 PM - 9 PM December 2nd - Dine with the Clauses, The Heights, 9 AM - 11 AM December 19th - Teen Book Club, Richmond Heights, 6:30 PM - 7 PM December 21st - Elementary Book Club, Richmond Heights, 7 PM - 7:30 PM</p>				1 Mini Cinnis Fish Shapes Seasoned Peas Cooked Carrots Diced Pears
4 Mini Maple Pancakes Turkey Hot Dog Baked Potato Wedges Corn on the Cob Mixed Fruit	5 Chocolate Chip Oatmeal Bar Early Release Day Grab 'n Go Lunch	6 Apple Frudel Beef and Bean Chili Soft Pretzel Roasted Broccoli Pineapple Tidbits	7 Mini Blueberry Waffles Oven Roasted Chicken Mashed Potatoes Dinner Roll Green Beans Mandarin Oranges	8 Banana Bread Colby Cheese Omelet Baked Biscuit Hash Brown Applesauce
11 Pancake on a Stick Cheeseburger Sweet Potato Bites Seasoned Peas Diced Pears	12 French Toast Sticks Chicken Fajita Black Beans Corn on the Cob Peach Slices	13 Breakfast Pizza Spaghetti w/ Meat Sauce Cheese-filled Breadstick Green Beans Mixed Fruit	14 Yogurt w/WG cracker Mini Corn Dogs Baked Potato Wedges Baked Beans Pineapple Tidbits	15 Blueberry Muffin MRH Pizza Day! Special Salad Mandarin Oranges
18 Strawberry Bagelful Baked Chicken Sandwich Baked Potato Wedges Roasted Broccoli Applesauce	19 Cinnamon Bread Beef Taco Salad Refried Beans Seasoned Corn Kernels Diced Pears	20 Cherry Frudel Grilled Cheese Sandwich Tomato Soup w/crackers Mixed Veggies Peach Slices	21 Apple Oatmeal Bar Chicken Nuggets Mashed Potatoes Chef's Choice of Veggie Mixed Fruit	22 No School
		<h1>Winter Break</h1>		