

Harvest of the Month



Cherries

Cherries are a stone fruit, like peaches and plums. They can either be sweet, best to eat raw, or tart, best for cooking.

Cherries have antioxidants, fiber, and vitamin C that are beneficial for reducing inflammation.

Their growing season is short, typically from May to July, so be sure to buy and store them properly. Sweet red cherries should be dark and firm. Wrap them up in a plastic bag and keep them cold. Wash them right before eating.

MRH Soul Food Supper on 2/27!
MRH HS 5:30-7:30



Indicates Locally Grown

Breakfast daily:

Alternate - Cereal w/ cinn crisp

Free for all students

Lunch daily:

Salad bar, fresh fruit, choice of milk


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

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

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



February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Local Neighborhood Events</u> Feb. 15th - Elem. Book Club, Rich. Heights, 7 - 7:30 PM Feb. 20th - Teen Book Club, Rich. Heights, 6:30 - 7 PM Feb. 24th - Schlafly Winter Farmers' Market, 9AM - 1PM</p> <p><i>Menu is subject to change. USDA is an equal opportunity provider, employer, and lender.</i></p>			<p>1 Strawberry Bagelful</p> <p>Oven-Roasted Chicken Mashed Potatoes Dinner Roll Green Beans Mixed Fruit</p>	<p>2 Blueberry Muffin</p> <p>Breaded Fish Shapes Baked Beans Seasoned Peas Applesauce</p>
<p>5 French Toast Sticks</p> <p>Cheeseburger Sweet Potato Bites Baked Beans Diced Pears</p>	<p>6 Yogurt w/ WG Cracker</p> <p>Mini Corn Dogs Corn on the Cob Roasted Broccoli Peach Slices</p>	<p>7 Breakfast Pizza</p> <p>Macaroni and Cheese Cooked Carrots Seasoned Green Beans Cherries</p>	<p>8 Banana Bread</p> <p>Beef and Bean Chili Soft Pretzel Mixed Vegetables Mandarin Oranges</p>	<p>9 Cinnamon Bagelful</p> <p>National Bagel and Pizza Day! MRH Pizza Day Special Salad Mixed Fruit</p>
<p>12 Mini Maple Pancakes</p> <p>Turkey Hot Dog Sweet Potato Bites Seasoned Corn Kernels Applesauce</p>	<p>13 Apple Oatmeal Bar</p> <p>BBQ Pulled Pork on Bun Baked Potato Wedges Seasoned Peas Diced Pears</p>	<p>14 Cherry Frudel</p> <p>Heart-Shaped Nuggets Cheese-filled Breadstick Roasted Broccoli Strawberries</p>	<p>15 Mini Blueberry Waffles</p> <p>Chicken Fajita Black Beans Cooked Carrots Peach Slices</p>	<p>16</p> <p>Professional Development Day</p>
<p>19</p> 	<p>20 Mini Cinnamon French Toast</p> <p>Mini Corn Dogs Corn on the Cob Roasted Broccoli Pineapple Tidbits</p>	<p>21 Grape-filled Crescent</p> <p>Grilled Cheese Sandwich Tomato Soup w/crackers Seasoned Peas Cherries</p>	<p>22 Strawberry Bagelful</p> <p>Beef Taco Salad Refried Beans Spanish Rice Mixed Fruit</p>	<p>23 Banana Bread</p> <p>National Banana Bread Day! Breaded Fish Shapes Cooked Carrots Seasoned Peas Applesauce</p>
<p>26 French Toast Sticks</p> <p>Baked Chicken Sandwich Baked Potato Wedges Mixed Vegetables Diced Pears</p>	<p>27 Yogurt w/ WG Cracker</p> <p>National Strawberry Day! Early Release Day Grab n'Go Lunch</p>	<p>28 Breakfast Pizza</p> <p>Macaroni and Cheese Cooked Carrots Seasoned Green Beans Peach Slices</p>		