

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!



March 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <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 Roasted Chicken Mashed Potatoes Dinner Roll Green Beans Pineapple Tidbits | 2 Strawberry Bagelful Beef and Bean Chili Soft Pretzel Mixed Vegetables Mandarin Oranges |
| 5 Mini Blueberry Waffles Turkey Hot Dog Sweet Potato Bites Corn Kernels Mixed Fruit | 6 Apple Oatmeal Bar BBQ Pulled Pork on Bun Baked Potato Wedges Seasoned Peas Applesauce | 7 Cherry Frudel National Cereal Day! Spaghetti w/Meat Sauce Cheese-filled Breadstick Green Beans Diced Pears | 8 Mini Maple Pancakes National Pancake Day! Chicken Fajita Black Beans Cooked Carrots Strawberries | 9 Banana Bread MRH Pizza Day Special Salad Peach Slices |
| 12 Chocolate Chip Oatmeal Bar Baked Chicken Sandwich Baked Potato Wedges Roasted Broccoli Pineapple Tidbits | 13 Mini Cinnamon French Toast Beef Taco Salad Refried Beans Spanish Rice Mandarin Oranges | 14 Apple Frudel Grilled Cheese Sandwich Tomato Soup w/crackers Corn Kernels Mixed Fruit | 15 Blueberry Bread Colby Cheese Omelet Honey Wheat Biscuit Pork Sausage Link Hash Brown Applesauce | 16 Mini Cinnis Chicken Nugget Clovers Cooked Carrots Seasoned Peas Diced Pears |
| 19 |  <h1 style="font-size: 2em; color: blue;">SPRING BREAK</h1> | | 22 |  |
| 26 Mini Maple Pancakes National Spinach Day! Cheeseburger Sweet Potato Bites Baked Beans Peach Slices | 27 Apple Oatmeal Bar Mini Corn Dogs Corn on the Cob Roasted Broccoli Pineapple Tidbits | 28 Cherry Frudel Macaroni and Cheese Cooked Carrots Green Beans Mandarin Oranges | 29 Mini Blueberry Waffles Beef and Bean Chili Soft Pretzel Mixed Vegetables Mixed Fruit | 30 Cinnamon Bread Colby Cheese Omelet Honey Wheat Biscuit Pork Sausage Link Hash Brown Applesauce |



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)