

Harvest of the Month



Watermelon

Watermelons are actually related to cucumbers, pumpkins, and squash so it can be considered a fruit and a vegetable! It also has 1.5 times more lycopene, an antioxidant, than a large, raw tomato. Mark Twain even claimed that watermelon must be the food of the angels.

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:

Cereal, fresh fruit, variety of milk

Free for all students

Lunch daily:

Salad bar, fresh fruit, variety of milk

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

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

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



AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 National Watermelon Day!	4
7	8	9	10	11
Welcome Back to School!				
<u>Local Food Events:</u> Schlafly Farmers Market- Wednesdays from 4-7 PM.		16	17	18
<i>Menu is subject to change. This institution is an equal opportunity provider.</i>				
21	22	23 Cherry Frudel Cheeseburger Baked Beans Baked Potato Wedges Applesauce	24 Mini Blueberry Waffles National Waffle Day! Turkey Hot Dog Sweet Potato Bites Seasoned Peas Diced Pears	25 Banana Bread MRH Pizza Corn on the Cob Sliced Peaches
28 Chocolate Chip Oatmeal Bar	29 Mini Cinn French Toast	30 Apple Frudel	31 Strawberry Bagelful	
Baked Chicken Sandwich Baked Potato Wedges Roasted Broccoli Mixed Fruit	Beef Taco Salad Refried Beans Corn Kernels Pineapple Tidbits	Grilled Cheese Sandwich Tomato Soup Mixed Vegetable Blend Cherry Crisp	Roast Chicken Dinner Roll Mashed Potatoes Green Beans Mandarin Oranges	