



January 2018



Oats

Oats are a cereal grain that gets harvested, cleaned, and roasted before it is ready for consumption.

Even after all of that, they still have their bran and germ, which provides soluble fiber, vitamins, and minerals.

Oatmeal may come in different forms, like old-fashioned, quick-cooking, steel-cut, or instant.

All these forms provide the same nutritional benefits, so remember to eat your oats!



Indicates Locally Grown

Breakfast daily:

Fresh Fruit, Variety of Milk, Cereal, and Yogurt

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)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 New Year's Day</p> 	<p>2 Apple Cinnamon Muffin</p> <p>Cheeseburger Baked Beans Baked Potato Wedges Applesauce</p>	<p>3 Breakfast Pizza</p> <p>Grilled Cheese Sandwich Homemade Tomato Soup Seasoned Peas MRH Blueberry & Cherry Crisp</p>	<p>4 Omelet w/ Toast</p> <p>Spaghetti w/ Meat Sauce Cheese-filled Breadstick Seasoned Green Beans Pear Slices</p>	<p>5 Pancakes w/ syrup</p> <p>Colby Cheese Omelet Freshly Baked Biscuit Hash Brown Pork Sausage Links Mandarin Oranges</p>
<p>8 French Toast Sticks</p> <p>Baked Chicken Sandwich Sweet Potato Fries Monterey Veggie Blend Pineapple Tidbits</p>	<p>9 Banana Bread</p> <p>Beef Taco Salad Mexican Rice Refried Beans Peach Slices</p>	<p>10 Homemade Oatmeal</p> <p>Pasta con Broccoli w/ Chicken Garlic Knot Roll Cooked Carrots Mixed Fruit</p>	<p>11 Pancake on a Stick</p> <p>Beef and Bean Chili Soft Pretzel Roasted Broccoli Applesauce</p>	<p>12 Professional Development Day</p>
<p>15 Martin Luther King, Jr. Day</p> 	<p>16 Apple Oatmeal Bar</p> <p>General Tso's Chicken Asian Fried Rice Vegetable Egg Roll Asian Vegetable Blend Pear Slices</p>	<p>17 Breakfast Pizza</p> <p>Shepherd's Pie Dinner Roll Capri Vegetable Blend Mandarin Oranges</p>	<p>18 Pancakes w/ syrup</p> <p>Fish Sandwich w/ cheese Baked Potato Wedges MRH Coleslaw Pineapple Tidbits</p>	<p>19 Chocolate-filled Crescent</p> <p>Colby Cheese Omelet Freshly Baked Biscuit Hash Brown Chicken Sausage Patty Peach Slices</p>
<p>22 Homemade Oatmeal</p> <p>Turkey Hot Dog Sweet Potato Fries Corn Kernels Mixed Fruit</p>	<p>23 Chicken Sausage and Biscuit</p> <p>Beef Taco Salad Mexican Rice Refried Beans Applesauce</p>	<p>24 Breakfast Breadstick</p> <p>Lasagna Roll-Up Garlic Knot Mixed Vegetables Homemade Apple Crisp</p>	<p>25 Chocolate Chip Muffin</p> <p>Oven Roasted Chicken Mashed Potatoes Seasoned Peas Dinner Roll Pear Slices</p>	<p>26 French Toast Sticks</p> <p>MRH Pizza Day Chef's Choice Mixed Grapes</p>
<p>29 Chocolate Chip Oatmeal Bar</p> <p>Cheeseburger Baked Beans Baked Potato Wedges Mandarin Oranges</p>	<p>30 Blueberry Muffin</p> <p>Chicken Fajita Black Beans Seasoned Corn Kernels Pineapple Tidbits</p>	<p>31 Breakfast Pizza</p> <p>Spaghetti w/ Meat Sauce Cheese Breadstick Green Beans Peach Slices</p>	<p>It's National Oatmeal Month!</p> <p><u>Local Neighborhood Events</u> January 16th - Teen Book Club, Rich. Heights, 6:30 - 7 PM January 18th - Elem. Book Club, Rich. Heights, 7 - 7:30 PM January 27th - Maplewood Sweet Tooth Tour, noon - 5 PM <i>Menu is subject to change.</i> <i>USDA is an equal opportunity provider, employer, and lender.</i></p>	