

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!



National School Breakfast Week
March 5-9!



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)








Maplewood Richmond Heights
Middle School



Maplewood Richmond Heights
High School

March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<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 Omelet w/Toast Cheeseburger Macaroni Soft Pretzel Seasoned Peas Pineapple Tidbits	2 Pancakes w/syrup Sloppy Joe Baked Potato Wedges MRH Coleslaw Peach Slices
5 French Toast Sticks Baked Chicken Sandwich Sweet Potato Fries Monterey Veggie Blend Mixed Fruit	6 Blueberry Bread Beef Taco Salad Mexican Rice Refried Beans Applesauce	7 Homemade Oatmeal National Cereal Day! Colby Cheese Omelet Freshly Baked Biscuit Hash Brown Pork Sausage Links Pear Slices	8 Pancake on a Stick National Pancake Day! Oven Roasted Chicken Mashed Potatoes Dinner Roll Seasoned Green Beans Mandarin Oranges	9 Cinnamon Bagelful MRH Pizza Day Chef's Choice Strawberries
12 Pancakes w/syrup Cheeseburger Baked Beans Baked Potato Wedges Pineapple Tidbits	13 Biscuit & Gravy General Tso's Chicken Asian Stir-fry Noodles Vegetable Egg Roll Asian Vegetable Blend Peach Slices	14 Breakfast Pizza Shepherd's Pie Garlic Knot Roll Mixed Vegetables Mixed Fruit	15 Mini Cinnis Baked Potato Bar Cheese-filled Breadstick Roasted Broccoli Applesauce	16 Breakfast Surprise Gourmet Grilled Cheese Homemade Tomato Soup Buttered Corn Kernels MRH Berry Crisp
19 	20 	21 	22 	23 
26 Cinnamon Bread National Spinach Day! Turkey Hot Dog Sweet Potato Fries Sauteed Spinach Pear Slices	27 Chicken Sausage & Biscuit Beef Taco Salad Mexican Rice Refried Beans Mandarin Oranges	28 Egg & Cheese Breadstick Pasta con Broccoli w/ Chicken Garlic Knot Roll Buttered Carrots Pineapple Tidbits	29 Strawberry Bagelful BBQ Pulled Pork on Bun Roasted Potato Chunks Seasoned Corn Kernels Homemade Apple Crisp	30 French Toast Sticks MRH Pizza Day Chef's Choice Red Seedless Grapes

SPRING BREAK