

Harvest of the Month



Sweet Potato

Sweet potatoes are eaten all over the world! The orange flesh variety is high in beta-carotene, like carrots.

However, they come in many colors like white, yellow, and purple.

North Carolina is the leading grower of sweet potatoes in the U.S. George Washington Carver developed 118 different products using the sweet potato.

There are many cooking methods for this nutritional powerhouse such as baking, steaming, microwaving, pureed, boiled, and juicing. You can also eat it raw!

National Sandwich Day is November 4th!



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

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Local Neighborhood Events: November 17th - City of Richmond Heights Holiday Lighting Ceremony from 6 PM to 7 PM. November 18th - Schlafly Winter Farmers' Market from 9 AM to 1 PM. November 25th - Small Business Saturday!		1 Biscuit and Gravy	2 Chicken Sausage & Toast	3 Mini Cinnis
6 Breakfast Breadstick	7 Chocolate Chip Oatmeal Bar	8 Breakfast Pizza	9 Breakfast Surprise	10 Apple Cinnamon Muffin
Baked Chicken Sandwich Sweet Potato Fries Monterey Veggie Blend Sliced Pears	Beef Taco Salad Mexican Rice Refried Beans Peach Slices	Grilled Cheese Sandwich Tomato Soup Seasoned Peas Homemade Cherry Crisp	Spaghetti w/Meat Cheese-filled Breadstick Green Beans Mandarin Oranges	Colby Cheese Omelet Freshly Baked Biscuit Hash Brown Pork Sausage Links Pineapple Tidbits
13 Blueberry Bread	14 French Toast Sticks	15 Pancake on a Stick	16 Mini Cinnis Sliced Turkey Roast w/Gravy Mashed Potatoes Dinner Roll Sweet Potato & Butternut Squash Bake	17 Chicken Sausage & Biscuit Lasagna Rollup Cheese-filled Breadstick Roasted Broccoli Peach Slices
20 Cinnamon Bread	21 Pancakes w/Syrup	22	23	24
Turkey Hot Dog Sweet Potato Fries Corn on the Cob Mandarin Oranges	Fish Sandwich Baked Potato Wedges Baked Beans Pineapple Tidbits	Thanksgiving Break		
27 Apple Oatmeal Bar	28 French Toast Sticks	29 Breakfast Pizza	30 Omelet w/Toast	<i>Menu is subject to change.</i>
Cheeseburger Baked Potato Wedges Seasoned Peas Mixed Fruit	Chicken Fajita Black Beans Corn Kernels Applesauce	Shepherd's Pie Garlic Knot Roll Glazed Carrots Sliced Pears	Oven Roasted Chicken Mashed Potatoes Dinner Roll Green Beans Peach Slices	<i>This institution is an equal opportunity provider.</i>