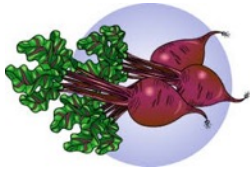


Harvest of the Month



Beets

Beets are considered a root vegetable, but they are related to spinach, chard, and quinoa. This means that the beet greens can be cooked like spinach or chard to provide even more nutrition for your body!

They are full of folate, manganese, potassium, fiber, and antioxidants, which makes the beet ideal for heart-healthy meals and possibly reduce the risk of cancer.

Keep an eye out for beets at lunch!

National School Lunch Week is October 9-13!



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

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bagel & Cream Cheese Cheeseburger Baked Beans Potato Wedges Mixed Fruit	3 Banana Bread Chicken Fajita Black Beans Corn Kernels Applesauce	4 Biscuit and Gravy Spaghetti w/ Meat Cheese-filled Breadstick Green Beans Sliced Pears	5 Mini Beef Sausage on Bun BBQ Pulled Pork on Bun MRH Potato Salad Mixed Vegetable Blend Peach Slices	6 Pancakes w/ syrup MRH Pizza Roasted Broccoli Sunshine Salad Fresh Grapes
9 Breakfast Breadstick Baked Chicken Sandwich Sweet Potato Fries Mixed Vegetable Blend Mandarin Oranges	10 Breakfast Surprise! Beef Taco Salad Mexican Rice Refried Beans Pineapple Tidbits	11 Breakfast Pizza Grilled Cheese Sandwich Tomato Soup Seasoned Peas Apple Cherry Crisp	12 Pancake on a Stick Sliced Turkey Roast w/Gravy Mashed Potatoes Dinner Roll Monterey Veggie Blend Mixed Fruit	13 Banana Muffin Colby Cheese Omelet Freshly Baked Biscuit Hash Brown Pork Sausage Links Applesauce
16 Blueberry Bread Cheeseburger Baked Potato Wedges Green Beans Sliced Pears	17 French Toast Sticks Mandarin Chicken Asian Noodles Veggie Egg Roll Asian Vegetable Blend Peach Slices	18 Chicken Sausage & Toast Beef and Bean Chili Jalapeno Cornbread Seasoned Peas Mandarin Oranges	19 Pancakes w/ syrup Baked Potato Bar Soft Pretzel Roasted Broccoli Pineapple Tidbits	20 Ham and Potato Bake Fish Sandwich w/cheese Roasted Potato Chunks Corn on the Cob Mixed Fruit
23 Apple Oatmeal Bar Turkey Hot Dog Sweet Potato Fries Baked Beans Applesauce	24 Pancake on a Stick Beef Taco Salad Mexican Rice Refried Beans Sliced Pears	25 Breakfast Pizza World Pasta Day Chicken & Broccoli Pasta Garlic Knot Roll Glazed Carrots Peach Slices	26 Omelet & Toast Oven Roasted Chicken Mashed Potatoes Dinner Roll Green Beans Mandarin Oranges	27 Professional Development Day
30 French Toast Sticks Cheeseburger Baked Beans Potato Wedges Pineapple Tidbits	31 Banana Bread Happy Halloween! Magical Macaroni Braveheart Broccoli Roll-ing Stone Freaky Fruit	Local Neighborhood Events: Schlafly Farmers Market- Wednesdays from 4-7 PM. St. Louis Regional Night Out - October 3rd Richmond Heights Book Clubs: Teen - October 17th at 6:30 PM. Elementary - October 19th at 7:00 PM. <i>Menu is subject to change. This institution is an equal opportunity provider.</i>		