

# 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:

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

# AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 <b>National Watermelon Day!</b>	4
7	8	9	10	11
<b>Welcome Back to School!</b>				
	<u>Local Food Events:</u> Schlafly Farmers Market- Wednesdays from 4-7 PM.  <i>We have vegetarian options!                      Menu is subject to change.                      This institution is an equal opportunity provider.</i>		16	17
21	22	23 Banana Bread  Cheeseburger Capri Vegetable Mix Baked Potato Wedges Applesauce	24 WG Waffles w/ syrup <b>National Waffle Day!</b> Chicken Fajita Black Beans Corn Kernels Pear Slices	25 Mini Beef Sausage on Bun  MRH Pizza Pasta w/ Marinara Cucumber Salad Sliced Peaches
28 Apple Oatmeal Bar	29 Chocolate Chip Muffin  Beef Taco Salad Mexican Rice  Refried Beans Pineapple Tidbits	30 Breakfast Pizza  Chicken & Broccoli Pasta Garlic Knot Roll Glazed Carrots Mixed Fruit	31 Omelet & Toast  Baked Catfish Strips Baked Potato Wedges Sautéed Spinach Applesauce	