

Harvest of the Month



Spinach

There are three main varieties of spinach. Savoy has a curly leaf, the flat variety is smooth and semi-savoy has slightly curly leaves.

Spinach is an excellent source of vitamins A, K, folate, and iron. When choosing fresh spinach, make sure the leaves are free from blemishes and yellowing. Do not wash it prior to storage! Put it in a plastic bag and squeeze all the air out before putting it in the fridge.

Did you know it's National Yogurt Month?



Indicates Locally Grown

Breakfast daily:
Free for all students

Lunch daily:
\$0.40 reduced price (\$2.00/wk)
\$2.55 full price (\$12.75/wk)
\$0.50 for milk only (\$2.50/wk)



APRIL 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mini Maple Pancakes Sunbutter & Jelly on Goldfish Bread Baked Potato Wedges Baked Beans Mixed Fruit	4 Apple Oatmeal Bar Beef Taco Salad Refried Beans Seasoned Corn Kernels Applesauce	5 Yogurt w/ Cinn Crisp Macaroni and Cheese Celery Sticks Grape Tomatoes Diced Pears	6 Apple Frudel Oven Roasted Chicken Mashed Potatoes Roasted Broccoli Soft Pretzel Peach Slices	7 Banana Bread Colby Cheese Omelet Buttered Toast Hash Brown Patty Orange Wedges
10 Strawberry Oatmeal Bar Baked Chicken Sandwich Baked Beans Seasoned Peas Pineapple Tidbits	11 Mini Cinnamon French Toast Spaghetti w/ Meat Sauce Cheese-filled Breadstick Green Beans Mixed Fruit	12 Cherry Frudel National Grilled Cheese Day! Grilled Cheese Tomato Soup w/crackers Cucumber Slices Applesauce	13 Mini Blueberry Waffles Fish Sea Shapes Broccoli Trees Baby Carrots Diced Pears	14 NO SCHOOL
17 Mini Maple Pancakes Cheeseburger Baked Potato Wedges Corn on the Cob Peach Slices	18 Apple Oatmeal Bar Chicken Chili w/Beans Freshly Baked Biscuit Sautéed Spinach Applesauce	19 Yogurt w/ Cinn Crisp Turkey Hot Dog Celery Sticks Baby Carrots Pineapple Tidbits	20 Apple Frudel Chicken Fajita Mini Bell Peppers Grape Tomatoes Mixed Fruit	21 Banana Bread MRH Pizza Day! Garden Salad Cucumber Slices Banana Half
24 Strawberry Oatmeal Bar Turkey Hot Dog Baked Potato Wedges Baked Beans Diced Pears	25 Mini Cinnamon French Toast Beef Taco Salad Refried Beans Seasoned Corn Kernels Mandarin Oranges	26 Cherry Frudel Macaroni and Cheese Celery Sticks Grape Tomatoes Peach Slices	27 Mini Blueberry Waffles Mini Corn Dogs Sweet Potato Waffle Fries Garden Salad Pineapple Tidbits	28 PROFESSIONAL DEVELOPMENT DAY
<p>Local Events:</p> <ul style="list-style-type: none"> Every Wednesday starting in April, Schlafly Farmers Market is back from 4-7 PM! Maplewood 8th Annual Coffee Crawl, April 1st, 8AM -12:30PM. \$7 per ticket. Maplewood Stringfest, April 29th, 4-7 PM. Richmond Heights Tween Egg Hunt, April 7th, 7:30-8:30 PM at Deer Creek Park. Richmond Heights Easter Eggstravaganza, April 8th, 10:00-10:30 AM at AB Green Park. Richmond Heights Art Fair, April 30th, 11AM -6PM, Lindbergh Drive. 				