

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:

Alternate - Cereal w/ cinn crisp

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 BBQ Pulled Pork Baked Beans Mixed Vegetables Pineapple Tidbits	4 Apple Oatmeal Bar Chicken and Bean Chili Soft Pretzel Diced Pears	5 Cherry Frudel Spaghetti w/Meat Sauce Cheese-filled Breadstick Green Beans Applesauce	6 Mini Blueberry Waffles Mini Corn Dogs Seasoned Corn Kernels Sweet Potato Waffle Fries Peach Slices	7 Banana Bread Colby Cheese Omelet Hash Brown Baked Biscuit Mixed Fruit
10 Chocolate Chip Oatmeal Bar Turkey Hot Dog Corn on the Cob Roasted Broccoli Applesauce	11 Mini Cinnamon French Toast Macaroni and Cheese Sweet Potato Waffle Fries Seasoned Peas Diced Pears	12 Apple Frudel National Grilled Cheese Day! Grilled Cheese Tomato Soup w/crackers Green Beans Peach Slices	13 Bagel with Cream Cheese Chicken Fajita Black Beans  Mexican Rice Mixed Fruit	14 NO SCHOOL
17 Cinnamon Glazed Toast Baked Chicken Sandwich Baked Potato Wedges Green Beans Mandarin Oranges	18 Yogurt w/ Cinn Crisp Beef Taco Salad Refried Beans Corn Kernels Applesauce	19 Breakfast Pizza Cheeseburger Baked Potato Wedges Cooked Carrots Peach Slices	20 Blueberry Bread Roast Chicken Mashed Potatoes Dinner Roll Sauteed Spinach Diced Pears	21 Mini Cinnis Fish Shapes Cooked Carrots Seasoned Peas Mixed Fruit
24 Mini Maple Pancakes BBQ Pulled Pork Baked Beans Green Beans Pineapple Tidbits	25 Apple Oatmeal Bar Chicken and Bean Chili Soft Pretzel Diced Pears	26 Cherry Frudel Spaghetti w/ Meat Sauce Cheese-filled Breadstick Green Beans Applesauce	27 Mini Blueberry Waffles Mini Corn Dogs Seasoned Corn Kernels Sweet Potato Waffle Fries Peach Slices	28 PROFESSIONAL DEVELOPMENT DAY
Local Events: <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. 				