

# Harvest of the Month



## Lettuce

Lettuce is National Salad Month! Use lettuces such as green-leaf, and romaine to maximize your nutritional value. Add a little radicchio, arugula, or escarole for a nice contrast in flavor. Mix and match them to create a stunning visual feast.

**May 5th is also School Lunch Hero Day!**

**This week chosen by Indergarten and First Grade!**



Indicates Locally Grown

1 cup daily:  
or all students

1 cup daily:  
reduced price (\$2.00/wk)  
full price (\$12.75/wk)  
for milk only (\$2.50/wk)



# MAY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mini Maple Pancakes  Cheeseburger Baked Beans Cooked Carrots Mixed Fruit	2 Apple Oatmeal Bar  Spaghetti w/ Meat Sauce Cheese-filled Breadstick Green Beans Diced Pears	3 Yogurt w/ Cinn Crisp  Grilled Cheese Tomato Soup w/crackers Roasted Broccoli Applesauce	4 Apple Frudel  Colby Cheese Omelet Buttered Toast Hash Brown Patty Orange Wedges	5 Banana Bread <b>CINCO DE MAY!</b> Chicken Fajita Mini Peppers Seasoned Corn Kernels Peach Slices
8 Strawberry Oatmeal Bar  Baked Chicken Sandwich Seasoned Peas Cooked Carrots Applesauce	9 Mini Cinnamon French Toast  Sunbutter & Jelly on Goldfish Bread Baby Carrots Celery Sticks Mixed Fruit	10 Cherry Frudel  Mini Corn Dogs Sweet Potato Waffle Fries Garden Salad Diced Pears	11 Mini Blueberry Waffles  Oven Roasted Chicken Mashed Potatoes Green Beans Soft Pretzel Pineapple Tidbits	12 Bagel w/ Cream cheese  Fish Sea Shapes Cooked Carrots Seasoned Peas Peach Slices
15 Mini Maple Pancakes  Grilled Cheese Tomato Soup w/crackers Roasted Broccoli Mixed Fruit	16 Apple Oatmeal Bar  Beef Taco Salad Refried Beans Seasoned Corn Kernels Pineapple Tidbits	17 Yogurt w/ Cinn Crisp  MRH Pizza Day! Garden Salad Celery Sticks Peach Slices	18 Apple Frudel  Cinnamon Glazed Toast Sausage Link Hash Brown Patty Diced Pears	19 Breakfast Surprise  Turkey Hot Dog Baby Carrots Applesauce



## HAVE A GREAT SUMMER!



### Local Events

- Schlafly Bottleworks Farmers Market: Every Wednesday from 4-7 PM
- Taste of Maplewood, Saturday, May 20 from Noon to 9 PM
- Richmond Heights Library Summer Reading Club starts May 30

### Food Facts:

Americans eat about 30 pounds of lettuce a year.