

## Harvest of the Month



### Pears

Pears are an excellent source of fiber and a good source of Vitamin C. It also contains a good bit of potassium! They can come in a rainbow of colors such as green, red, yellow, and brown. As a part of the rose family, they are related to apples, cherries, and peaches. A few common varieties are the Bartlett, Bosc, and Green or Red Anjou. Eat them raw or cooked for a delicious treat!

### It's National Pear Month!




Indicates Locally Grown

Breakfast daily:  
Free for all students

Lunch daily:  
\$0.40 reduced price (\$2.00/wk)  
\$2.65 full price (\$13.25/wk)  
\$0.50 for milk only (\$2.50/wk)



# December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Local Neighborhood Events:</u>                      December 1st - Maplewood Christmas Tree Walk, Downtown Maplewood, 6 PM - 9 PM                      December 2nd - Dine with the Clauses, The Heights, 9 AM - 11 AM                      December 19th - Teen Book Club, Richmond Heights, 6:30 PM - 7 PM                      December 21st - Elementary Book Club, Richmond Heights, 7 PM - 7:30 PM</p>				1 Blueberry Bread  Cinnamon Glazed Toast Chicken Sausage Patty Hash Brown Celery Sticks Banana Half
4 Strawberry Oatmeal Bar  Turkey Hot Dog Seasoned Corn Kernels Baked Beans Peach Slices	5 Mini Cinn French Toast  Macaroni and Cheese Cooked Carrots Seasoned Peas Mixed Fruit	6 Apple Frudel  BBQ Pulled Pork on Bun Baked Potato Wedges Cucumber Wheels Mandarin Oranges	7 Banana Bread  Chicken Fajita Mini Sweet Peppers Grape Tomatoes Pineapple Tidbits	8 Mini Blueberry Waffles  MRH Pizza Garden Salad Celery Sticks Diced Pears
11 Mini Maple Pancakes  Baked Chicken Sandwich Baked Potato Wedges Green Beans Applesauce	12 Apple Oatmeal Bar  Beef Taco Salad Refried Beans Corn Kernels Peach Slices	13 Cinnamon Bagelful  Grilled Cheese Sandwich Tomato Soup Celery Sticks Broccoli Trees Mixed Fruit	14 Yogurt w/ WG dipper  Oven Roasted Chicken Mashed Potatoes Dinner Roll Seasoned Peas Mandarin Oranges	15 Cinnamon Bread  Fish Shapes Baked Beans Baby Carrots Pineapple Tidbits
18 Strawberry Oatmeal Bar  Cheeseburger Sweet Potato Bites Roasted Broccoli Diced Pears	19 Mini Cinn French Toast  Chicken Chili w/ Beans WG Crackers Seasoned Corn Kernels Applesauce	20 Cherry Frudel  Spaghetti w/ Meat Sauce Cheese-filled Breadstick Garden Salad Cucumber Wheels Peach Slices	21 Blueberry Bread  Chicken Nuggets Chef's Choice of Vegetables Mixed Fruit	22  <h2>No School</h2>
 <h1>Winter Break</h1>				