

# Harvest of the Month



## Peas

Peas are found in cuisines all over the world. Starting in the Mediterranean, it has travelled the globe to North America. Thomas Jefferson grew more than 30 different varieties on peas at his home.

The three main edible varieties are garden peas, snow peas, and snap peas. They contain a high amount of Vitamin K, dietary fiber, and omega-3 fatty acids. All these nutrients help the human body perform at its best.

This versatile vegetable also helps other plants by taking nitrogen from the air and putting it back into the soil. Let's celebrate the wonderful pea!




Indicates Locally Grown

Breakfast daily:  
**Free for all students**

Lunch daily:  
Choice of milk, chocolate or 1%  
**\$0.40 reduced price (\$2.00/wk)**  
**\$2.75 full price (\$13.75/wk)**  
**\$0.50 for milk only (\$2.50/wk)**



# April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mini Maple Pancakes  Cheeseburger w/ ketchup Sweet Potato Criss Cuts Seasoned Broccoli Applesauce	2 Fruity Cheerios Cereal Bar  Chicken Fajita Wrap Red Beans Corn on the Cob Mixed Fruit	3 Cinnamon Bagelful  Sunbutter & Jelly Sandwich Celery Sticks Cucumber Wheels Mandarin Oranges	4 Yogurt w/WG graham  Roast Chicken Drumstick Dinner Roll Mashed Potatoes <b>Power-packed Peas</b> Peach Slices	5 Blueberry Muffin  Baked Fish Sea Shapes Baked Beans Garden Salad Pineapple Tidbits
8 Apple Oatmeal Bar  Macaroni and Cheese X-Ray Vision Carrots Great Green Beans Diced Pears	9 Mini Cinnamon French Toast  Beef Nachos Refried Beans Seasoned Corn Kernels Applesauce	10 Cherry Frudel  Mini Corn Dogs Baby Carrots Grape Tomatoes Mixed Fruit	11 Banana Bread  Large Cheese Ravioli Cheese-filled Breadstick Garden Salad Broccoli Trees Mandarin Oranges	12 Mini Blueberry Waffles  Colby Cheese Omelet Honey Wheat Biscuit Hash Brown Rounds Celery Sticks Peach Slices
15 Mini Maple Pancakes  Baked Chicken Sandwich Baked Potato Wedges <b>Power-packed Peas</b> Pineapple Tidbits	16 Trix Cereal Bar  Nacho Bean & Cheese Bites Corn on the Cob Cucumber Wheels Diced Pears	17 Strawberry Bagelful  Grilled Cheese Sandwich Tomato Soup Broccoli Trees Mini Peppers Applesauce	18 Yogurt w/WG graham  MRH Pizza Day Garden Salad Baby Carrots Mixed Fruit	19  <b>NO SCHOOL</b>
22 Strawberry Oatmeal Bar  Turkey Hot Dog Baked Beans Sweet Potato Criss Cuts Diced Pears	23 Mini Cinnamon French Toast  Cheese Quesadilla Refried Beans Celery Sticks Mandarin Oranges	24 Apple Frudel Mandarin Orange Chicken Steamed Brown Rice  Cucumber Wheels <b>Power-packed Peas</b> Pineapple Tidbits	25 Cinnamon Bread  Pasta w/Meat Sauce Cheese-filled Breadstick Baby Carrots Broccoli Trees Peach Slices	26 Mini Blueberry Waffles  BBQ Pulled Chicken on Bun Baked Potato Wedges Grape Tomatoes Applesauce
29 Mini Maple Pancakes  Cheeseburger w/ ketchup Sweet Potato Criss Cuts Seasoned Broccoli Mixed Fruit	30 Cinnamon Toast Crunch Bar  Chicken Fajita Wrap Red Beans Seasoned Corn Kernels Mandarin Oranges	<u>Local Events:</u> Maplewood - Schlafly Farmers Market, start date TBD, every Wednesday 4-7 PM Richmond Heights - April 12th Tween Egg Hunt, 7-8:30 PM		

*Menu is subject to change.  
This institution is an equal opportunity provider.*