

Harvest of the Month



Winter Squash

Winter squash is a great vegetable that can be used for soups, stews, and side dishes.

Most of these squashes have bright orange flesh, which is a good indicator of Vitamin A. It also contains Vitamin C and fiber. One cup of cooked squash has 80 calories.

Recipes may specify which type of squash to use, but you can pretty much substitute one variety for another without sacrificing flavor. Spaghetti squash may be the only exception because the flesh turns into strands, like spaghetti!




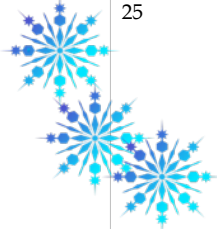
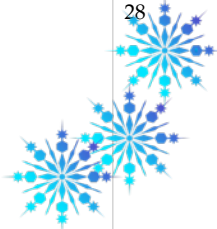

Indicates Locally Grown

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)



December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Strawberry Oatmeal Bar Baked Chicken Sandwich Roasted Potato Wedges Great Green Beans Mandarin Oranges	4 Mini Cinnamon French Toast Nacho Bean & Cheese Bites Corn Kernels Savory Green Peas Peach Smiles	5 Apple Frudel Grilled Cheese Sandwich Tomato Soup Celery Sticks Broccoli Trees Pineapple Tidbits	6 Cinnamon Bread MRH Chicken Chili Dinner Roll Grape Tomatoes Cucumber Wheels Mixed Fruit	7 Mini Blueberry Waffles MRH Cheese Pizza Day Garden Salad Baby Carrots Diced Pears
10 Mini Maple Pancakes Turkey Hot Dog Baked Beans Sweet Potato Tots Applesauce	11 Team Cheerios Cereal Bar Cheese Quesadilla Refried Beans X-Ray Vision Carrots Mandarin Oranges	12 Cinnamon Bagelful Orange Chicken Steamed Brown Rice  Mini Sweet Peppers Broccoli Trees Peach Smiles	13 Yogurt w/WG graham Pasta w/Meat Sauce Cheese-filled Breadstick Garden Salad Cucumber Wheels Pineapple Tidbits	14 Apple Cinnamon Muffin Baked Fish Shapes Baby Carrots Celery Sticks Mixed Fruit
17 Apple Oatmeal Bar Cheeseburger Roasted Potato Wedges Seasoned Broccoli Diced Pears	18 Mini Cinnamon French Toast Chicken Fajita Wrap Black Beans Corn on the Cob Applesauce	19 Grape Jelly Crescent Hot Turkey & Cheese Sandwich Baby Carrots Cucumber Wheels Mandarin Oranges	20 Banana Bread Sliced Pork Roast Mashed Potatoes Dinner Roll Savory Green Peas Peach Smiles	21 Breakfast Surprise Sunbutter & Jelly Sandwich Chef's Vegetables and Chef's Fruit Choice
24 	25	26	27	28 
<h2>Winter Break</h2> 				
<p><u>Local Events:</u> Richmond Heights - Dec. 1, Dine with the Clauses, 9-11 AM Dec. 8, Boulevard Farmers Market, 9AM - 1PM Dec. 15, Grinch's Candy Cane Hunt, 10-11AM</p> <p>Maplewood - Dec. 1 and Dec. 15, Schlafly Winter Farmers' Market, 9AM - 1 PM Dec. 7, Christmas Tree Walk, 6-9 PM.</p> <p style="text-align: right;"><i>Menu is subject to change. This institution is an equal opportunity provider.</i></p>				