

Harvest of the Month



Broccoli

This dark green vegetable is full of nutrients your body needs. It's a great choice for Vitamins K, C, B1 and B6, folate, and fiber. Eating broccoli can help reduce inflammation, which stresses your body out.

When buying fresh broccoli, store it in a plastic bag, squeeze out as much air as possible, and place it in the fridge. Wash it when you're ready to eat it. And don't forget that you can eat the stem! Peel the outer, tough layer to get to the tender, delicious inside.

Soul Food Supper is February 26 from 5:30 PM to 7:30 PM in the HS Cafeteria!




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)



February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Local Neighborhood Events</u> Feb. 8th, Sweetheart Dance, Rich. Heights, 6:30 - 8:30 PM Feb. 11th - Chinese New Year Celebration, Rich. Heights, 7 - 7:30 PM Feb. 23rd - Schlafly Winter Farmers' Market, 9AM - 1PM</p> <p><i>Menu is subject to change. USDA is an equal opportunity provider, employer, and lender.</i></p>				
<p>4 Mini Maple Pancakes</p> <p>Macaroni and Cheese X-Ray Vision Carrots Great Green Beans Diced Pears</p>	<p>5 Team Cheerios Cereal Bar</p> <p>Beef Nachos Refried Beans Corn on the Cob Mixed Fruit</p>	<p>6 Banana Muffin</p> <p>Mini Corn Dogs Celery Sticks Grape Tomatoes Mandarin Oranges</p>	<p>7 Yogurt w/WG graham</p> <p>BBQ Pulled Chicken on Bun Roasted Potato Wedges Garden Salad Peach Slices</p>	<p>1 Mini Blueberry Waffles</p> <p>Fish Sea Shapes Baked Beans Broccoli Trees Pineapple Tidbits</p>
<p>11 Apple Oatmeal Bar</p> <p>Baked Chicken Sandwich Sweet Potato Tots Power-Packed Peas Pineapple Tidbits</p>	<p>12 Mini Cinnamon French Toast</p> <p>Nacho Bean & Cheese Bites Seasoned Corn Kernels Great Green Beans Diced Pears</p>	<p>13 Cherry Frudel</p> <p>Grilled Cheese Sandwich Tomato Soup Broccoli Trees Cucumber Wheels Mixed Fruit</p>	<p>14 Mini Blueberry Waffles</p> <p>Chicken Nugget Drummies Baked Beans Chef's Choice Vegetable Sliced Strawberries</p>	<p>15</p> <p>PROFESSIONAL DEVELOPMENT DAY</p>
<p>18</p> 	<p>19 Trix Cereal Bar</p> <p>Turkey Hot Dog Baked Beans Roasted Potato Wedges Mandarin Oranges</p>	<p>20 Mini Maple Pancakes</p> <p>Orange Chicken Steamed Brown Rice X-Ray Vision Carrots Great Green Beans Peach Slices</p>	<p>21 Mini Cinnis</p> <p>Pasta w/Meat Sauce Cheese-filled Breadstick Power-Packed Peas Seasoned Broccoli Pineapple Tidbits</p>	<p>22 Banana Bread National Banana Bread Day!</p> <p>Colby Cheese Omelet Honey Wheat Biscuit Hash Brown Rounds Grape Tomatoes Diced Pears</p>
<p>25 Strawberry Oatmeal Bar</p> <p>Cheeseburger w/ketchup Sweet Potato Tots Seasoned Broccoli Mixed Fruit</p>	<p>26 Mini Cinnamon French Toast</p> <p>Chicken Fajita Wrap Black Beans Corn on the Cob Mandarin Oranges</p>	<p>27 Apple Frudel National Strawberry Day!</p> <p>Sloppy Joe on Bun Garden Salad Baby Carrots Strawberries</p>	<p>28 Cinnamon Bread National Chili Day! MRH Chicken Chili</p> <p>Dinner Roll Celery Sticks Mini Sweet Peppers Peach Slices</p>	