

Harvest of the Month



Oats

Oats are a cereal grain that gets harvested, cleaned, and roasted before it is ready for consumption.

Even after all of that, they still have their bran and germ, which provides soluble fiber, vitamins, and minerals.

Oatmeal may come in different forms, like old-fashioned, quick-cooking, steel-cut, or instant. All these forms provide the same nutritional benefits, so remember to eat your oats!



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)



January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Local Events Jan. 15 - RH Youth Coding Club, 6:30PM-7PM Jan. 17 - RH Family Book Club, 6PM-7PM Jan. 26 - Schlafly Winter Farmers' Market, 9AM-1PM Maplewood Sweet Tooth Tour, 12PM-5PM <i>Menu is subject to change. This institution is an equal opportunity provider.</i>		2	3 Chocolate Chip Oatmeal Bar	4 Mini Blueberry Waffles
		PROFESSIONAL DEVELOPMENT DAY	Cheeseburger w/ ketchup Roasted Potato Wedges Power-Packed Peas Applesauce	Fish Sea Shapes Baked Beans Seasoned Broccoli Pineapple Tidbits
7 Mini Maple Pancakes Macaroni and Cheese X-Ray Vision Carrots Great Green Beans Diced Pears	8 Fruity Cheerios Cereal Bar Beef Nachos Refried Beans Corn on the Cob Mixed Fruit	9 Strawberry Bagelful Mini Corn Dogs Celery Sticks Cauliflower Florets Mandarin Oranges	10 Yogurt w/WG Graham Mini Cheese Ravioli Garden Salad Broccoli Trees Peach Slices	11 Mini Cinnis Colby Cheese Omelet Honey Wheat Biscuit Hash Brown Rounds Grape Tomatoes Fresh Orange Smiles
14 Apple Oatmeal Bar Baked Chicken Sandwich Sweet Potato Tots Power-Packed Peas Applesauce	15 Mini Cinnamon French Toast Nacho Bean & Cheese Bites Seasoned Corn Kernels Steamed Broccoli Diced Pears	16 Cherry Frudel Grilled Cheese Sandwich Tomato Soup Garden Salad Cucumber Wheels Pineapple Tidbits	17 Cinnamon Bread MRH Chicken Chili Dinner Roll Celery Sticks Baby Carrots Mixed Fruit	18 Mini Blueberry Waffles MRH Cheese Pizza Day! Broccoli Trees Mini Sweet Peppers Mandarin Oranges
21	22 Golden Grahams Cereal Bar Turkey Hot Dog Baked Beans Roasted Potato Wedges Peach Slices	23 Mini Maple Pancakes Orange Chicken Steamed Brown Rice X-Ray Vision Carrots Great Green Beans Pineapple Tidbits	24 Yogurt w/WG Graham Pasta w/Meat Sauce Cheese-filled Breadstick Cucumber Wheels Broccoli Trees Diced Pears	25 Apple Cinnamon Muffin Sunbutter & Jelly Sandwich Baby Carrots Celery Sticks Applesauce
28 Strawberry Oatmeal Bar	29 Mini Cinnamon French Toast Chicken Fajita Beautiful Black Beans Seasoned Corn Kernels Mandarin Oranges	30 Apple Frudel Hot Turkey & Cheese Sandwich Garden Salad Mini Sweet Peppers Peach Slices	31 Banana Bread Roast Chicken Drumstick Dinner Roll Mashed Potatoes Power-Packed Peas Applesauce	