Harvest of the Month

Sweet Potato

Sweet potatoes are eaten all over the world! The orange flesh variety is high in beta-carotene, like carrots. However, they come in many colors like white, yellow, and purple.

North Carolina is the leading grower of sweet potatoes in the U.S. George Washington Carver developed 118 different products using the sweet potato.

There are many cooking methods for this nutritional powerhouse such as baking, steaming, microwaving, pureed, boiled, and juicing. You can also eat it raw!

National Sandwich Day is on November 3rd!

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)

Maplewood Richmond Heights Early Childhood Center

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Local Events: Richmond Heights – November 15 - Family Book Club, 6 -7 PM Elementary Book Club, 7-7:30 PM November 16 - Holiday Lighting, 6-7 PM November 20 - Youth Coding Group, 6:30-7 PM *Menu is subject to change.* *This institution is an equal opportunity provider.*			1 Yogurt w/WG graham Beef Nachos Refried Beans Mini Sweet Peppers Peach Smiles	2 Blueberry Muffin Cinnamon Glazed Toast Sausage Link Hash Browns Grape Tomatoes Orange Wedges
5 Strawberry Oatmeal Bar Baked Chicken Sandwich Roasted Potato Wedges Seasoned Broccoli Pineapple Tidbits	6 Mini Cinnamon French Toast Nacho Bean & Cheese Bites Corn on the Cob Great Green Beans Mixed Fruit	7 Cherry Frudel Grilled Cheese Sandwich Tomato Soup Baby Carrots Cucumber Wheels Diced Pears	8 Banana Bread MRH Chicken Chili Dinner Roll Grape Tomatoes Celery Sticks Applesauce	9 Mini Blueberry Waffles MRH Cheese Pizza Day Garden Salad Broccoli Trees Mandarin Oranges
12 Mini Maple Pancakes Turkey Hot Dog Baked Beans **Sweet Potato Bites** Peach Smiles	13 Golden Grahams Cereal Bar Cheese Quesadilla Refried Beans X-Ray Vision Carrots Pineapple Tidbits	14 Strawberry Bagelful Pasta w/Meat Sauce Cheese-filled Breadstick Garden Salad Cucumber Wheels Mixed Fruit	15 Yogurt w/WG graham Sliced Roast Turkey Mashed Potatoes Dinner Roll Seasoned Peas Warm Cinnamon Apples	16 Mini Cinnis Baked Fish Sea Shapes Corn on the Cob Broccoli Trees Diced Pears
19 Apple Oatmeal Bar Cheeseburger Roasted Potato Wedges Great Green Beans Applesauce	20 Breakfast Surprise Sunbutter & Jelly Sandwiches Baby Carrots Celery Sticks Mandarin Oranges	21 **Thanksgiving Break**	22	23
26 Cinnamon Toast Crunch Bar Macaroni and Cheese Seasoned Broccoli X-Ray Vision Carrots Pineapple Tidbits	27 Mini Maple Pancakes Beef Nachos Refried Beans Corn on the Cob Peach Smiles	28 Breakfast Pizza Hot Turkey and Cheese Sandwich Garden Salad **Sweet Potato Bites** Mixed Fruit	29 Yogurt w/WG graham Orange Chicken Steamed Brown Rice Cucumber Wheels Grape Tomatoes Diced Pears	30 Mini Cinnis Mini Corn Dogs Celery Sticks Baby Carrots Applesauce