

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 November 4th!



Indicates Locally Grown

Breakfast daily:
Free for all students

Lunch daily:
\$0.40 reduced price (\$2.00/wk)
\$2.65 full price (\$13.25/wk)
\$0.50 for milk only (\$2.50/wk)



November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Local Neighborhood Events: November 17th - City of Richmond Heights Holiday Lighting Ceremony from 6 PM to 7 PM. November 18th - Schlafly Winter Farmers' Market from 9 AM to 1 PM. November 25th - Small Business Saturday!		1 Cinnamon Bagelful Grilled Cheese Sandwich Tomato Soup Celery Sticks Cucumber Wheels Peach Slices	2 Yogurt w/WG crackers Oven-Roasted Chicken Mashed Potatoes Dinner Roll Grape Tomatoes Mixed Fruit	3 Blueberry Muffin BBQ Pulled Pork on Bun Baked Beans Baby Carrots Mandarin Oranges
6 Strawberry Oatmeal Bar Cheeseburger Sweet Potato Bites Green Beans Pineapple Tidbits	7 Mini Cinn French Toast Chicken Chili w/Beans WG Crackers Potato Wedges Applesauce	8 Apple Frudel Spaghetti w/Meat Sauce Cheese-filled Breadstick Garden Salad Cucumber Wheels Diced Pears	9 Banana Bread Mini Corn Dogs Baby Carrots Broccoli Trees Peach Slices	10 Mini Blueberry Waffles Colby Cheese Omelet Baked Biscuit Hash Brown Banana Half
13 Mini Maple Pancakes Turkey Hot Dog Seasoned Corn Kernels Baked Beans Mixed Fruit	14 Apple Oatmeal Bar Macaroni and Cheese Cooked Carrots Seasoned Peas Mandarin Oranges	15 Strawberry Bagelful BBQ Pulled Pork on Bun Baked Potato Wedges Celery Sticks Pineapple Tidbits	16 Yogurt w/ WG crackers Oven-Roasted Turkey Mashed Potatoes Dinner Roll Grape Tomatoes Applesauce	17 Cinnamon Bread MRH Pizza Garden Salad Baby Carrots Diced Pears
20 Strawberry Oatmeal Bar Baked Chicken Sandwich Potato Wedges Roasted Broccoli Peach Slices	21 Mini Cinn French Toast Grilled Cheese Sandwich Tomato Soup Corn on the Cob Mixed Vegetable Blend Applesauce	22 <h2>Thanksgiving Break</h2>	23 <h2>Thanksgiving Break</h2>	24 <h2>Thanksgiving Break</h2>
27 Mini Maple Pancakes Cheeseburger Sweet Potato Bites Green Beans Mandarin Oranges	28 Apple Oatmeal Bar Chicken Chili w/ Beans WG Crackers Potato Wedges Pineapple Tidbits	29 Strawberry Bagelful Spaghetti w/ Meat Sauce Cheese-filled Breadstick Garden Salad Mini Sweet Peppers Mixed Fruit	30 Yogurt w/ WG crackers Mini Corn Dogs Baby Carrots Broccoli Trees Diced Pears	<i>Menu is subject to change.</i> <i>This institution is an equal opportunity provider.</i>