

# Harvest of the Month



## Peas

Peas are found in cuisines all over the world. Starting in the Mediterranean, it has travelled the globe to North America. Thomas Jefferson grew more than 30 different varieties on peas at his home.

The three main edible varieties are garden peas, snow peas, and snap peas. They contain a high amount of Vitamin K, dietary fiber, and omega-3 fatty acids. All these nutrients help the human body perform at its best.

This versatile vegetable also helps other plants by taking nitrogen from the air and putting it back into the soil. Let's celebrate the wonderful pea!



Indicates Locally Grown

### Breakfast daily:

Alternate - Cereal w/ cinn crisp

**Free for all students**

### Lunch daily:

Salad bar, fresh fruit, choice of milk

**\$0.40 reduced price (\$2.00/wk)**

**\$2.75 full price (\$13.75/wk)**

**\$0.50 for milk only (\$2.50/wk)**



# April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mini Cinnamon French Toast Cheeseburger Sweet Potato Criss Cuts Corn on the Cob Applesauce	2 Chocolate Chip Oatmeal Bar  <b>Early Release</b>  <b>Grab 'n Go</b>	3 Apple Frudel Grilled Cheese Sandwich Tomato Soup w/crackers Bountiful Broccoli Diced Pears	4 Banana Bread Beef Taco Salad Mexican Rice Refried Beans Mandarin Oranges	5 Mini Blueberry Waffles Colby Cheese Omelet Honey Wheat Biscuit Hash Brown Rounds Sausage Link Pineapple Tidbits
8 Mini Maple Pancakes Baked Chicken Sandwich Roasted Potato Wedges Baked Beans Mixed Fruit	9 Cinnamon Toast Crunch Bar Turkey Pepperoni Pinwheel Mixed Vegetable Blend Peach Slices	10 Strawberry Bagelful Nacho Bean Bites Seasoned Corn Kernels X-Ray Vision Carrots Applesauce	11 Yogurt w/WG graham Roast Chicken Mashed Potatoes Great Green Beans Dinner Roll Diced Pears	12 Mini Cinnis Baked Fish Sea Shapes Cheesy Potatoes <b>Power-packed Peas</b> Mandarin Oranges
15 Blueberry Muffin Turkey Hot Dog Sweet Potato Criss Cuts Bountiful Broccoli Pineapple Tidbits	16 Apple Oatmeal Bar Cheese Quesadilla w/ salsa Refried Beans Corn on the Cob Mixed Fruit	17 Breakfast Pizza BBQ Pulled Turkey Sandwich Baked Potato Wedges Mixed Vegetable Blend Peach Slices	18 Cherry Frudel MRH Pizza Day! Special Salad Applesauce	19  <b>NO SCHOOL</b>
22 Yogurt w/WG graham Macaroni and Cheese Soft Pretzel X-Ray Vision Carrots Diced Pears	23 Cinnamon Bagelful Chicken Soft Taco Beautiful Black Beans Seasoned Corn Kernels Mandarin Oranges	24 Mini Confetti Pancakes Orange Chicken Steamed Brown Rice <b>Power-packed Peas</b> Pineapple Tidbits	25 Cinnamon Bread Mini Corn Dogs Seasoned Broccoli Baked Beans Mixed Fruit	26 Golden Grahams Cereal Bar Large Cheese Ravioli Cheese-filled Breadstick Great Green Beans Peach Slices
29 Chocolate Chip Oatmeal Bar Cheeseburger Sweet Potato Criss Cuts Corn on the Cob Applesauce	30 Mini Cinnamon French Toast Beef Taco Salad Mexican Rice Refried Beans Diced Pears	<b>Local Events:</b> Maplewood - Schlafly Farmers Market, start date TBD, every Wednesday 4-7 PM Richmond Heights - April 12th Tween Egg Hunt, 7-8:30 PM		

*Menu is subject to change.  
This institution is an equal opportunity provider.*