

Harvest of the Month



Winter Squash

Winter squash is a great vegetable that can be used for soups, stews, and side dishes.

Most of these squashes have bright orange flesh, which is a good indicator of Vitamin A. It also contains Vitamin C and fiber. One cup of cooked squash has 80 calories.

Recipes may specify which type of squash to use, but you can pretty much substitute one variety for another without sacrificing flavor. Spaghetti squash may be the only exception because the flesh turns into strands, like spaghetti!



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)



December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mini Maple Pancakes	4 Fruity Cheerios Cereal Bar	5 Strawberry Bagelful	6 Yogurt w/WG graham	7 Mini Cinnis
Turkey Hot Dog Sweet Potato Bites Mixed Veggie Blend Pineapple Tidbits	Early Release Grab 'n Go Lunch	Orange Chicken Steamed Brown Rice Savory Green Peas Mandarin Oranges	Cheeseburger Macaroni Dinner Roll Great Green Beans Mixed Fruit	Baked Fish Shapes Cheesy Potatoes Special Salad Peach Slices
10 Blueberry Muffin	11 Apple Oatmeal Bar	12 Breakfast Pizza	13 Cherry Frudel	14 Cinnamon Bread
Macaroni & Cheese Roasted Broccoli Cooked Carrots Applesauce	Chicken Soft Taco Black Beans Corn on the Cob Diced Pears	Pepperoni Pinwheels Chef's Vegetable Pineapple Tidbits	Mini Corn Dogs Savory Green Peas Sweet Potato Bites Mandarin Oranges	Mini Cheese Ravioli Cheese-filled Breadstick Great Green Beans Mixed Fruit
17 Yogurt w/WG graham	18 Cinnamon Bagelful	19 Mini Maple Pancakes	20 Grape Jelly Crescent	21 Breakfast Surprise
Cheeseburger Oven Potato Wedges Baked Beans Peach Slices	Beef Taco Salad Mexican Rice Refried Beans Applesauce	Grilled Cheese Sandwich Tomato Soup w/crackers Great Green Beans Diced Pears	Sliced Pork Roast Mashed Potatoes Dinner Roll Savory Green Peas Warm Cinnamon Apples	Chef's Choice of Entree, Vegetable, and Fruit
24	25	26	27	28
Winter Break				
<p>Local Events: Richmond Heights - Dec. 1, Dine with the Clauses, 9-11 AM Dec. 8, Boulevard Farmers Market, 9AM - 1PM Dec. 15, Grinch's Candy Cane Hunt, 10-11AM</p>				
<p>Maplewood - Dec. 1 and Dec. 15, Schlafly Winter Farmers' Market, 9AM - 1 PM Dec. 7, Christmas Tree Walk, 6-9 PM.</p>				
<p><i>Menu is subject to change. This institution is an equal opportunity provider.</i></p>				