

Harvest of the Month



Broccoli

This dark green vegetable is full of nutrients your body needs. It's a great choice for Vitamins K, C, B1 and B6, folate, and fiber. Eating broccoli can help reduce inflammation, which stresses your body out.

When buying fresh broccoli, store it in a plastic bag, squeeze out as much air as possible, and place it in the fridge. Wash it when you're ready to eat it. And don't forget that you can eat the stem! Peel the outer, tough layer to get to the tender, delicious inside.

Soul Food Supper is February 26 from 5:30 PM to 7:30 PM in the HS Cafeteria!



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)



February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Local Neighborhood Events</u> Feb. 8th, Sweetheart Dance, Rich. Heights, 6:30 - 8:30 PM Feb. 11th - Chinese New Year Celebration, Rich. Heights, 7 - 7:30 PM Feb. 23rd - Schlafly Winter Farmers' Market, 9AM - 1PM</p> <p><i>Menu is subject to change. USDA is an equal opportunity provider, employer, and lender.</i></p>				<p>1 Mini Blueberry Waffles</p> <p>Colby Cheese Omelet Honey Wheat Biscuit Hash Brown Rounds Sausage Link Fresh Orange Slices</p>
<p>4 Mini Confetti Pancakes</p> <p>Baked Chicken Sandwich Roasted Potato Wedges Baked Beans Pineapple Tidbits</p>	<p>5 Golden Grahams Cereal Bar</p> <p>EARLY RELEASE DAY</p> <p>Grab 'n Go Lunch</p>	<p>6 Mini Cinnis</p> <p>Nacho Bean & Cheese Bites Corn Kernels Colorful Carrot Blend Peach Slices</p>	<p>7 Yogurt w/WG graham</p> <p>Roast Chicken Mashed Potatoes Dinner Roll Power-Packed Peas Mixed Fruit</p>	<p>8 Strawberry Bagelful National Bagel Day!</p> <p>Fish Sea Shapes Cheesy Potatoes Mixed Vegetable Blend Applesauce</p>
<p>11 Blueberry Muffin</p> <p>Turkey Hot Dog Sweet Potato Tots Great Green Beans Diced Pears</p>	<p>12 Apple Oatmeal Bar</p> <p>Sloppy Joe Sandwich Roasted Potato Wedges Seasoned Broccoli Mandarin Oranges</p>	<p>13 Breakfast Pizza</p> <p>Cheeseburger Macaroni Dinner Roll Corn on the Cob Mixed Fruit</p>	<p>14 Cherry Frudel</p> <p>Chicken Nugget Drummies Baked Beans Chef's Choice Vegetable Strawberries</p>	<p>15</p> <p>PROFESSIONAL DEVELOPMENT DAY</p>
<p>18</p> 	<p>19 Team Cheerios Cereal Bar</p> <p>Macaroni & Cheese Soft Pretzel Seasoned Broccoli Peach Slices</p>	<p>20 Mini Maple Pancakes</p> <p>Chicken Soft Taco Refried Beans Corn Kernels Pineapple Tidbits</p>	<p>21 Grape Jelly Crescent Roll</p> <p>Orange Chicken Steamed Brown Rice Power-Packed Peas Applesauce</p>	<p>22 Banana Bread National Banana Bread Day!</p> <p>Mini Cheese Ravioli Cheese-filled Breadstick Great Green Beans Diced Pears</p>
<p>25 Chocolate Chip Oatmeal Bar</p> <p>Cheeseburger Roasted Potato Wedges Corn on the Cob Mandarin Oranges</p>	<p>26 Mini Cinnamon French Toast</p> <p>Beef Taco Salad Mexican Rice Black Beans Pineapple Tidbits</p>	<p>27 Apple Frudel National Strawberry Day!</p> <p>Grilled Cheese Sandwich Tomato Soup w/crackers Bountiful Broccoli Strawberries</p>	<p>28 Cinnamon Bread National Chili Day!</p> <p>MRH Beef Chili Soft Pretzel Mixed Vegetable Blend Peach Slices</p>	