

Harvest of the Month



Oats

Oats are a cereal grain that gets harvested, cleaned, and roasted before it is ready for consumption.

Even after all of that, they still have their bran and germ, which provides soluble fiber, vitamins, and minerals.

Oatmeal may come in different forms, like old-fashioned, quick-cooking, steel-cut, or instant.

All these forms provide the same nutritional benefits, so remember to eat your oats!

It's National Oatmeal Month!



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)

\$2.65 full price (\$13.25/wk)

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



January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 New Year's Day</p>	<p>2 Apple Oatmeal Bar</p> <p>Turkey Hot Dog Sweet Potato Bites Seasoned Corn Kernels Applesauce</p>	<p>3 Cherry Frudel</p> <p>Chicken Fajita Black Beans Cooked Carrots Diced Pears</p>	<p>4 Mini Blueberry Waffles National Spaghetti Day!</p> <p>Spaghetti w/ Meat Sauce Cheese-filled Breadstick Capri Vegetable Blend Peach Slices</p>	<p>5 Banana Bread</p> <p>MRH Pizza Day! Special Salad Pineapple Tidbits</p>
<p>8 Chocolate Chip Oatmeal Bar</p> <p>Baked Chicken Sandwich Baked Potato Wedges Roasted Broccoli Mandarin Oranges</p>	<p>9 Mini Cinnamon French Toast</p> <p>Beef Taco Salad Refried Beans Spanish Rice Mixed Fruit</p>	<p>10 Apple Frudel</p> <p>Grilled Cheese Sandwich Tomato Soup w/crackers Corn Kernels Homemade Cherry Crisp</p>	<p>11 Blueberry Muffin</p> <p>Roast Chicken Mashed Potatoes Dinner Roll Green Beans Applesauce</p>	<p>12 Professional Development Day</p>
<p>15 Martin Luther King, Jr. Day</p>	<p>16 Yogurt w/WG cracker</p> <p>Cheeseburger Sweet Potato Bites Baked Beans Diced Pears</p>	<p>17 Breakfast Pizza</p> <p>Mini Corn Dogs Corn on the Cob Roasted Broccoli Peach Slices</p>	<p>18 Cinnamon Bread</p> <p>Macaroni and Cheese Cooked Carrots Seasoned Green Beans Pineapple Tidbits</p>	<p>19 Mini Cinnis</p> <p>Colby Cheese Omelet Honey Wheat Biscuit Golden Hash Brown Mandarin Oranges</p>
<p>22 Mini Maple Pancakes</p> <p>Turkey Hot Dog Sweet Potato Bites Corn Kernels Mixed Fruit</p>	<p>23 Apple Oatmeal Bar</p> <p>BBQ Pulled Pork on Bun Baked Potato Wedges Seasoned Peas Applesauce</p>	<p>24 Cherry Frudel</p> <p>Spaghetti w/ Meat Sauce Cheese-filled Breadstick Roasted Broccoli Diced Pears</p>	<p>25 Pancake on a Stick</p> <p>Chicken Fajita Black Beans Capri Vegetable Blend Peach Slices</p>	<p>26 Blueberry Bread</p> <p>MRH Pizza Day! Special Salad Pineapple Tidbits</p>
<p>29 Mini Cinnamon French Toast</p> <p>Baked Chicken Sandwich Baked Potato Wedges Roasted Broccoli Mandarin Oranges</p>	<p>30 Chocolate Chip Oatmeal Bar Early Release Day Grab 'n Go</p>	<p>31 Apple Frudel</p> <p>Grilled Cheese Sandwich Tomato Soup w/crackers Corn Kernels MRH Blueberry Crisp</p>	<p><u>Local Neighborhood Events</u> January 16th - Teen Book Club, Rich. Heights, 6:30 - 7 PM January 18th - Elem. Book Club, Rich. Heights, 7 - 7:30 PM January 27th - Maplewood Sweet Tooth Tour, noon - 5 PM <i>Menu is subject to change.</i> <i>USDA is an equal opportunity provider, employer, and lender.</i></p>	