

# 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!



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)**



# January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Local Events</b> Jan. 15 - RH Youth Coding Club, 6:30PM-7PM Jan. 17 - RH Family Book Club, 6PM-7PM Jan. 26 - Schlafly Winter Farmers' Market, 9AM-1PM Maplewood Sweet Tooth Tour, 12PM-5PM <i>Menu is subject to change.                      This institution is an equal opportunity provider.</i>		2	3 Chocolate Chip Oatmeal Bar	4 Mini Blueberry Waffles
7 Mini Confetti Pancakes Baked Chicken Sandwich Roasted Potato Wedges Baked Beans Pineapple Tidbits		<b>PROFESSIONAL DEVELOPMENT DAY</b> 9 Strawberry Bagelful Nacho Bean and Cheese Bites Corn Kernels Colorful Carrot Blend Mixed Fruit	Cheeseburger Sweet Potato Tots Corn on the Cob Applesauce 10 Yogurt w/WG Graham Roast Chicken Mashed Potatoes Dinner Roll Great Green Beans Applesauce	Fish Sea Shapes Cheesy Potatoes Power-Packed Peas Diced Pears 11 Mini Cinnis Colby Cheese Omelet Honey Wheat Biscuit Hash Brown Rounds Sausage Link Fresh Orange Slices
14 Blueberry Muffin Turkey Hot Dog Sweet Potato Tots Power-Packed Peas Diced Pears	8 Cinnamon Toast Crunch Bar Pasta w/Meat Sauce Cheese-filled Breadstick Seasoned Broccoli Sliced Peaches 15 Apple Oatmeal Bar Cheese Quesadilla Beautiful Black Beans Corn on the Cob Mandarin Oranges	16 Breakfast Pizza BBQ Pork on Bun Baked Potato Wedges Great Green Beans Pineapple Tidbits	17 Cherry Frudel Cheeseburger Macaroni Dinner Roll Cooked Carrots Mixed Fruit	18 Cinnamon Bread Pepperoni Pinwheels Special Salad Chef's Vegetable Fresh Mixed Grapes
21 <b>MARTIN LUTHER KING, JR. DAY</b>	22 Cinnamon Bagelful Macaroni and Cheese Soft Pretzel Seasoned Broccoli Sliced Peaches	23 Mini Maple Pancakes Chicken Soft Taco Refried Beans Corn Kernels Applesauce	24 Grape Jelly Crescent Mini Corn Dogs Sweet Potato Tots Great Green Beans Diced Pears	25 Trix Cereal Bar Mini Cheese Ravioli Cheese-filled Breadstick Power-Packed Peas Mandarin Oranges
28 Chocolate Chip Oatmeal Bar Cheeseburger Baked Potato Wedges Cooked Carrots Pineapple Tidbits	29 Mini Cinn French Toast Beef Taco Salad Mexican Rice Beautiful Black Beans Mixed Fruit	30 Apple Frudel Grilled Cheese Sandwich Tomato Soup Bountiful Broccoli Sliced Peaches	31 Banana Bread BBQ Chicken Flatbread Mixed Vegetable Blend Corn on the Cob Applesauce	