

Harvest of the Month



Sweet Potato

Sweet potatoes are eaten all over the world! The orange flesh variety is high in beta-carotene, like carrots. However, they come in many colors like white, yellow, and purple.

North Carolina is the leading grower of sweet potatoes in the U.S. George Washington Carver developed 118 different products using the sweet potato.

There are many cooking methods for this nutritional powerhouse such as baking, steaming, microwaving, pureed, boiled, and juicing. You can also eat it raw!

National Sandwich Day is on November 3rd!



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)



November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Local Events: Richmond Heights – November 15 - Family Book Club, 6 -7 PM Elementary Book Club, 7-7:30 PM November 16 - Holiday Lighting, 6-7 PM November 20 - Youth Coding Group, 6:30-7 PM <i>Menu is subject to change. This institution is an equal opportunity provider.</i>			1 Yogurt w/WG Graham Nacho Bean & Cheese Bites Colorful Carrot Blend Seasoned Broccoli Pineapple Tidbits	2 Mini Cinnis Baked Fish Sea Shapes Cheesy Potatoes Power-Packed Peas Mixed Fruit
5 Blueberry Muffin Turkey Hot Dog Sweet Potato Tots Mixed Veggie Blend Peach Slices	Early Release Grab 'n Go Lunch		7 Breakfast Pizza Cheese Quesadilla w/salsa Beautiful Black Beans Corn Kernels Applesauce	8 Cherry Frudel Homemade Beef Chili Dinner Roll Great Green Beans Diced Pears
12 Yogurt w/WG Graham Macaroni and Cheese Soft Pretzel Seasoned Broccoli Mandarin Oranges	13 Cinnamon Bagelful Chicken Soft Taco Refried Beans Corn on the Cob Mixed Fruit	14 Mini Maple Pancakes Mini Corn Dogs Sweet Potato Tots Chef's Vegetable Peach Slices	15 Grape Jelly Crescent Roast Turkey Slices Mashed Potatoes Dinner Roll Seasoned Peas Warm Cinnamon Apples	16 Team Cheerios Cereal Bar Mini Cheese Ravioli Cheese-filled Breadstick Great Green Beans Applesauce
19 Chocolate Chip Oatmeal Bar Cheeseburger Roasted Potato Wedges Cooked Carrots Diced Pears	20 Breakfast Surprise BBQ Chicken Flatbread Seasoned Broccoli Corn Kernels Mandarin Oranges	<h2>Thanksgiving Break</h2>		23
26 Cinnamon Toast Cereal Bar Baked Chicken Sandwich Sweet Potato Tots Baked Beans Mandarin Oranges	27 Apple Frudel Pasta w/Meat Sauce Cheese-filled Breadstick Mixed Veggie Blend Mixed Fruit	28 Banana Bread Nacho Bean & Cheese Bites Corn Kernels Colorful Carrot Blend Peach Slices	29 Mini Cinnamon French Toast Orange Chicken Steamed Brown Rice  Seasoned Broccoli Applesauce	30 Mini Blueberry Waffles Colby Cheese Omelet Baked Biscuit Hash Brown Rounds Sausage Link Sliced Oranges