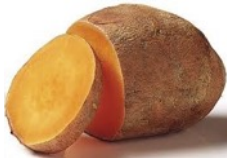


## Harvest of the Month



### 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.

### National Sandwich Day is November 4th!



Indicates Locally Grown

Breakfast daily:  
Alternate - Cereal w/ cinn crisp  
**Free for all students**

Lunch daily:  
**\$0.40 reduced price (\$2.00/wk)**  
**\$2.65 full price (\$13.25/wk)**  
**\$0.50 for milk only (\$2.50/wk)**



# November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Local Neighborhood Events:</b> November 17th - City of Richmond Heights Holiday Lighting Ceremony from 6 PM to 7 PM. November 18th - Schlafly Winter Farmers' Market from 9 AM to 1 PM. November 25th - Small Business Saturday!		1 Apple Frudel	2 Cinnamon Bagelful	3 Banana Muffin
6 French Toast Sticks	7 Yogurt w/WG cracker	8 Breakfast Pizza	9 Blueberry Bread	10 Mini Cinnis
Cheeseburger Sweet Potato Bites Roasted Broccoli Mandarin Oranges	<b>Early Release Day</b> <b>Grab n Go Lunch</b>	BBQ Pulled Pork on Bun Corn on the Cob Baked Beans Applesauce	Oven Roasted Chicken Mashed Potatoes Dinner Roll Green Beans Diced Pears	Colby Cheese Omelet Baked Biscuit Hash Brown Fresh Grapes
13 Mini Maple Pancakes	14 Apple Oatmeal Bar	15 Cherry Frudel	16 Mini Blueberry Waffles	17 Banana Bread
Turkey Hot Dog Baked Potato Wedges Green Beans Peach Slices	Macaroni and Cheese Soft Pretzel Seasoned Peas Mixed Fruit	Beef Taco Salad Refried Beans Seasoned Corn Kernels Pineapple Tidbits	Chicken Fajita Black Beans Cooked Carrots Mandarin Oranges	MRH Pizza Day Special Salad Applesauce
20 Chocolate Chip Oatmeal Bar	21 Apple Cinnamon Muffin	22	23	24
Baked Chicken Sandwich Sweet Potato Bites Green Beans Diced Pears	Grilled Cheese Sandwich Tomato Soup w/crackers Mixed Veggies Peach Slices	<b>Thanksgiving Break</b>		
27 French Toast Sticks	28 Yogurt w/ WG cracker	29 Breakfast Pizza	30 Blueberry Bread	<i>Menu is subject to change.</i>
Cheeseburger Baked Potato Wedges Roasted Broccoli Mixed Fruit	Chicken Chili w/Beans Soft Pretzel Seasoned Corn Kernels Mandarin Oranges	Spaghetti w/ Meat Sauce Cheese-filled Breadstick Green Beans Pineapple Tidbits	Mini Corn Dogs Baked Potato Wedges Mixed Veggies Applesauce	<i>This institution is an equal opportunity provider.</i>