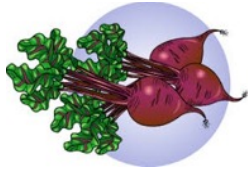


## Harvest of the Month



### Beets

Beets are considered a root vegetable, but they are related to spinach, chard, and quinoa. This means that the beet greens can be cooked like spinach or chard to provide even more nutrition for your body!

They are full of folate, manganese, potassium, fiber, and antioxidants, which makes the beet ideal for heart-healthy meals and possibly reduce the risk of cancer.

Keep an eye out for beets at lunch!

### National School Lunch Week is October 9-13!




Indicates Locally Grown

Breakfast daily:  
Alternate - Cereal w/ cinn crisp  
**Free for all students**  
Lunch daily:  
**\$0.40 reduced price (\$2.00/wk)**  
**\$2.55 full price (\$12.75/wk)**  
**\$0.50 for milk only (\$2.50/wk)**



# October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Maple Pancakes	3 Apple Oatmeal Bar	4 Cherry Frudel	5 Mini Blueberry Waffles	6 Banana Bread
Turkey Hot Dog Cooked Carrots Green Beans Applesauce	Macaroni and Cheese Soft Pretzel Seasoned Peas Diced Pears	Cheeseburger Sweet Potato Bites Mixed Veggies Peach Slices	Chicken Fajita Black Beans Corn Kernels Mixed Fruit	MRH Pizza Special Salad Mandarin Oranges
9 Chocolate Chip Oatmeal Bar	10 Mini Cinnamon French Toast	11 Apple Frudel	12 Strawberry Bagelful	13 Breakfast Muffin
Baked Chicken Sandwich Roasted Broccoli Baked Beans Pineapple Tidbits	<b>Early Release</b> <b>Grab 'n Go Lunch!</b>	Grilled Cheese Sandwich Tomato Soup w/crackers Mixed Veggies Applesauce	Roast Chicken Mashed Potatoes Dinner Roll Green Beans Diced Pears	Fish Shapes Cooked Carrots Seasoned Peas Peach Slices
16 French Toast Sticks	17 Yogurt w/ WG cracker	18 Breakfast Pizza	19 Blueberry Bread	20 Mini Cinnis
Mini Corn Dogs Corn on the Cob Baked Potato Wedges Mixed Fruit	Beef Taco Salad Refried Beans Spanish Rice  Mandarin Oranges	Macaroni and Cheese Roasted Broccoli Cooked Carrots Pineapple Tidbits	BBQ Pulled Pork on Bun Baked Beans Coleslaw Applesauce	Colby Cheese Omelet Freshly Baked Biscuit Pork Sausage Patty Hash Brown Diced Pears
23 Mini Maple Pancakes	24 Apple Oatmeal Bar	25 Cherry Frudel <b>World Pasta Day!</b>	26 Mini Blueberry Waffles	27
Turkey Hot Dog Baked Potato Wedges Green Beans Peach Slices	Cheeseburger Sweet Potato Bites Seasoned Peas Mixed Fruit	Spaghetti w/Meat Sauce Cheese-filled Breadstick Roasted Broccoli Mandarin Oranges	Chicken Fajita Black Beans Corn Kernels Pineapple Tidbits	<b>Professional Development Day</b>
30 Chocolate Chip Oatmeal Bar	31 Cinnamon Bread <b>Happy Halloween!</b> Chicken Nuggets Mashed Potatoes Green Beans Diced Pears	<u>Local Neighborhood Events:</u> Schlafly Farmers Market- Wednesdays from 4-7 PM. St. Louis Regional Night Out - October 3rd Richmond Heights Book Clubs: Teen - October 17th at 6:30 PM. Elementary - October 19th at 7:00 PM.  <i>Menu is subject to change.</i> <i>This institution is an equal opportunity provider.</i>		