

Harvest of the Month



September 2017



Rice


Rice has been eaten since 5000 BC, making it the oldest food we eat. There are three main varieties: short grain, medium grain, and long grain. To get white rice, brown rice must be milled and polished. This process removes some of the nutrition and fiber from brown rice. At MRH, we only serve brown rice to provide the best nutrition to our students.

Please remember to fill out a Free and Reduced application for this school year, even if you don't think you qualify! Only one form per household is needed.



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)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Local Food Events:</u> Schlafly Farmers Market- Wednesdays from 4-7 PM.</p> <p><i>Menu is subject to change. This institution is an equal opportunity provider.</i></p>				
<p>4</p> <p>Labor Day</p> <p>HOLIDAY</p>	<p>5 Yogurt w/WG cracker</p> <p>Hot Turkey Ham & Cheese on Bun</p> <p>Baked Potato Wedges</p> <p>Mixed Vegetables</p> <p>Peach Slices</p>	<p>6 Breakfast Pizza</p> <p>Spaghetti w/ Meat sauce</p> <p>Cheese-filled Breadstick</p> <p>Roasted Broccoli</p> <p>Mixed Fruit</p>	<p>7 Blueberry Bread</p> <p>BBQ Pulled Pork Sandwich</p> <p>Baked Beans</p> <p>Corn on the Cob</p> <p>Mandarin Oranges</p>	<p>1 Blueberry Muffin</p> <p>Fish Shapes</p> <p>Cooked Carrots</p> <p>Seasoned Peas</p> <p>Applesauce</p> <p>8 Mini Cinnis</p> <p>Colby Cheese Omelet</p> <p>Baked Biscuit</p> <p>Pork Sausage Patty</p> <p>Hash Brown</p> <p>Fresh Orange Slices</p>
<p>11 Mini Maple Pancakes</p> <p>Turkey Hot Dog</p> <p>Cooked Carrots</p> <p>Green Beans</p> <p>Pineapple Tidbits</p>	<p>12 Apple Oatmeal Bar</p> <p>Early Release</p> <p>Grab 'n Go</p>	<p>13 Cherry Frudel</p> <p>Cheeseburger</p> <p>Baked Potato Wedges</p> <p>Seasoned Peas</p> <p>Diced Pears</p>	<p>14 Mini Blueberry Waffles</p> <p>Chicken Fajita</p> <p>Black Beans</p> <p>Corn Kernels</p> <p>Peach Slices</p>	<p>15 Banana Bread</p> <p>MRH Pizza</p> <p>Special Salad</p> <p>Mixed Fruit</p>
<p>18 Choc Chip Oatmeal Bar</p> <p>Baked Chicken Sandwich</p> <p>Baked Potato Wedges</p> <p>Roasted Broccoli</p> <p>Mandarin Oranges</p>	<p>19 Mini Cinn French Toast</p> <p>Beef Taco Salad</p> <p>Refried Beans</p> <p>Spanish Rice </p> <p>Pineapple Tidbits</p>	<p>20 Apple Frudel</p> <p>Grilled Cheese Sandwich</p> <p>Tomato Soup w/crackers</p> <p>Mixed Vegetables</p> <p>Apple and Cherry Crisp</p>	<p>21 Cinnamon Bagelful</p> <p>Roast Chicken</p> <p>Dinner Roll</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Applesauce</p>	<p>22 Blueberry Muffin</p> <p>Fish Shapes</p> <p>Cooked Carrots</p> <p>Seasoned Peas</p> <p>Diced Pears</p>
<p>25 French Toast Sticks</p> <p>Mini Corn Dogs</p> <p>Corn Kernels</p> <p>Sweet Potato Bites</p> <p>Peach Slices</p>	<p>26 Yogurt w/ WG cracker</p> <p>Hot Turkey Ham & Cheese on Bun</p> <p>Baked Potato Wedges</p> <p>Mixed Vegetables</p> <p>Mixed Fruit</p>	<p>27 Breakfast Pizza</p> <p>Spaghetti w/ Meat sauce</p> <p>Cheese-filled Breadstick</p> <p>Roasted Broccoli</p> <p>Mandarin Oranges</p>	<p>28 Cinnamon Bread</p> <p>BBQ Pulled Pork Sandwich</p> <p>Baked Beans</p> <p>Corn on the Cob</p> <p>Pineapple Tidbits</p>	<p>29</p> <p>Professional Development Day</p>