

# Harvest of the Month



## Peas

Peas are found in cuisines all over the world. Starting in the Mediterranean, it has travelled the globe to North America. Thomas Jefferson grew more than 30 different varieties on peas at his home.

The three main edible varieties are garden peas, snow peas, and snap peas. They contain a high amount of Vitamin K, dietary fiber, and omega-3 fatty acids. All these nutrients help the human body perform at its best.

This versatile vegetable also helps other plants by taking nitrogen from the air and putting it back into the soil. Let's celebrate the wonderful pea!



Indicates Locally Grown

### Breakfast daily:

Fresh Fruit, Variety of Milk, Cereal, and Yogurt

**Free for all students**

### Lunch daily:

Salad bar, fresh fruit, variety of milk

**\$0.40 reduced price (\$2.00/wk)**

**\$2.75 full price (\$13.75/wk)**

**\$0.50 for milk only (\$2.50/wk)**






Maplewood Richmond Heights Middle School



Maplewood Richmond Heights High School

# April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast Taquito Turkey Hot Dog Sweet Potato Fries Capri Vegetable Blend Applesauce	2 Pancake on a Stick Beef and Bean Chili Soft Baked Pretzel Seasoned Carrots Sliced Pears	3 Mini Cinnis Chicken Breast Sandwich Steamed Green Beans Roasted Potatoes Mixed Fruit	4 Homemade Oatmeal Chicken Masala  Brown Rice Flatbread Stir Fry Vegetables Sliced Peaches	5 Strawberry Bagelful MRH Pizza Mixed Vegetables Mandarin Oranges
8 Cinnamon Bread Cheesy Chicken Pasta Dinner Roll Buttered Peas Pineapple Tidbits	9 Omelet and Toast Crispy Fish Taco Black Beans Creamy Coleslaw Applesauce	10 Blueberry Muffin Sloppy Joe Potato Wedges Roasted Broccoli Sliced Pears	11 Biscuit and Sausage Baked Potato Bar Soft Baked Pretzel Steamed Green Beans Mixed Fruit	12 Apple Oatmeal Bar Grilled Cheese Sandwich Homemade Tomato Soup Monterey Veggie Blend Sliced Peaches
15 Chocolate Crescent Roll Cheeseburger Sweet Potato Fries Mixed Vegetables Mandarin Oranges	16 Pancakes and Syrup Chicken Fajitas Southwest Corn Kernels Refried Beans Pineapple Tidbits	17 Breakfast Pizza Cheesy Lasagna Dinner Roll Seasoned Spinach Applesauce	18 Chocolate Chip Muffin Chicken and Waffles Buttered Peas Roasted Carrots Sliced Pears	19 <b>NO SCHOOL</b>
22 Breakfast Breadstick General Tso's Chicken  Brown Rice Stir Fry Vegetables Vegetable Egg Roll Mixed Fruit	23 Banana Bread Shepherd's Pie Steamed Green Beans Dinner Roll Sliced Peaches	24 French Toast Chicken Alfredo Roasted Broccoli Cheesy Breadstick Mandarin Oranges	25 Chocolate Chip Oatmeal Bar Jambalaya Whole Grain Dinner Roll Mixed Vegetables Pineapple Tidbits	26 Breakfast Surprise Colby Cheese Omelet Hash Brown Potatoes Fresh Baked Biscuit Sausage Link Applesauce
29 Mini Cinnis Pulled Chicken Sandwich Roasted Potatoes Glazed Carrots Sliced Pears	30 Homemade Oatmeal Beef Nachos  Brown Rice Corn Kernels Refried Beans Mixed Fruit	<b>Local Events:</b> Maplewood - Schlafly Farmers Market, start date TBD, every Wednesday 4-7 PM Richmond Heights - April 12th Tween Egg Hunt, 7-8:30 PM		

*Menu is subject to change.  
This institution is an equal opportunity provider.*