

Harvest of the Month



Maplewood Richmond Heights Middle School



Maplewood Richmond Heights High School

December 2018

Winter Squash

Winter squash is a great vegetable that can be used for soups, stews, and side dishes.

Most of these squashes have bright orange flesh, which is a good indicator of Vitamin A. It also contains Vitamin C and fiber. One cup of cooked squash has 80 calories.

Recipes may specify which type of squash to use, but you can pretty much substitute one variety for another without sacrificing flavor. Spaghetti squash may be the only exception because the flesh turns into strands, like spaghetti!



Indicates Locally Grown

Breakfast daily:

Fresh Fruit, Variety of Milk, Cereal, and Yogurt

Free for all students




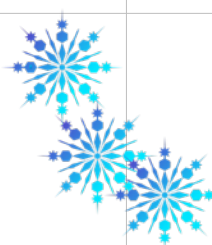
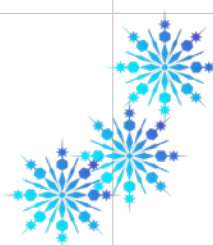
Lunch daily:

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)

Monday	Tuesday	Wednesday	Thursday	Friday
3 Filled Crescent Rolls Beef and Vegetable Soup Roasted Potato Wedges Dinner Roll Pineapple Tidbits	4 Apple Oatmeal Bar Beef Nachos Mexican Rice Refried Beans Corn Kernels Mixed Fruit	5 Strawberry Bagelful Baked Potato Bar Steamed Green Beans Soft Pretzel Sliced Pears	6 Blueberry Muffin Penne Bolognese Cheese Filled Breadstick Roasted Broccoli Fresh Grapes	7 Breakfast Pizza Grilled Cheese Sandwich Tomato Soup Seasonal Vegetable  Applesauce
10 Banana Bread Turkey Hot Dog Sweet Potato Fries Buttered Peas Peach Slices	11 Breakfast Soft Taco Chicken Stir Fry Brown Rice Asian Vegetable Blend Vegetable Egg Roll Mandarin Oranges	12 Biscuit and Sausage Krumbly Burger Baked Beans Roasted Broccoli Pineapple Tidbits	13 French Toast Lasagna Roll-up Garlic Knot Steamed Green Beans Mixed Fruit	14 Breakfast Surprise Pulled Chicken Sandwich Seasonal Vegetables  Glazed Carrots Sliced Oranges
17 Chocolate Chip Oatmeal Bar MRH Beef and Bean Chili Housemade Cornbread Monterey Sliced Pears	18 Cinnamon Bagelful Chicken Tenders and Waffle Seasonal Vegetables  Applesauce	19 Banana Muffin General Tso's Chicken Brown Rice Asian Vegetable Blend Vegetable Egg Roll Peach Slices	20 Breakfast Breadstick Roasted Pork Loin Mashed Potatoes Roasted Broccoli Dinner Roll Mandarin Oranges	21 Cinnamon Bread Colby Cheese Omelet Hash Brown Potatoes Fresh Baked Biscuit Pork Sausage Link Fresh Grapes
 <h1>Winter Break</h1> 				
<p><u>Local Events:</u> Richmond Heights - Dec. 1, Dine with the Clauses, 9-11 AM Dec. 15, Grinch's Candy Cane Hunt, 10-11AM Dec. 16, Boulevard Holiday Market, 2-6 PM</p>		<p>Maplewood - Dec. 7, Christmas Tree Walk, 6-9 PM. Help support Weekend on Wheels!</p> <p style="text-align: right;"><i>Menu is subject to change. This institution is an equal opportunity provider.</i></p>		