

# Harvest of the Month



## Cherries

Cherries are a stone fruit, like peaches and plums. They can either be sweet, best to eat raw, or tart, best for cooking.

Cherries have antioxidants, fiber, and vitamin C that are beneficial for reducing inflammation.

Their growing season is short, typically from May to July, so be sure to buy and store them properly. Sweet red cherries should be dark and firm. Wrap them up in a plastic bag and keep them cold. Wash them right before eating.

**MRH Soul Food Supper on 2/27!**  
**MRH HS 5:30-7:30**



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)**

**\$2.65 full price (\$13.25/wk)**

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







Maplewood Richmond Heights  
Middle School



Maplewood Richmond Heights  
High School

# February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Local Neighborhood Events</u> Feb. 15th - Elem. Book Club, Rich. Heights, 7 - 7:30 PM Feb. 20th - Teen Book Club, Rich. Heights, 6:30 - 7 PM Feb. 24th - Schlafly Winter Farmers' Market, 9AM - 1PM  <i>Menu is subject to change.</i> <i>USDA is an equal opportunity provider, employer, and lender.</i>			1 Omelet w/Toast  Shepherd's Pie Soft Pretzel Roasted Broccoli Mixed Fruit	2 Pancakes w/Syrup  BBQ Pulled Pork on Bun Roasted Potato Chunks Sauteed Spinach Applesauce
5 French Toast Sticks  Baked Chicken Sandwich Sweet Potato Fries Monterey Veggie Blend Pear Slices	6 Homemade Oatmeal  Beef Taco Salad Mexican Rice  Refried Beans Mandarin Oranges	7 Biscuit and Gravy  Gourmet Grilled Cheese Tomato Soup Seasoned Peas MRH Blueberry & <b>Cherry Crisp</b>	8 Pancake on a Stick  Chicken Pot Pie Freshly Baked Biscuit Green Beans Pineapple Tidbits	9 Strawberry Bagelful <b>National Bagel and Pizza Day!</b> MRH Pizza Day Chef's Choice Peach Slices
12 Pancakes w/Syrup  Cheeseburger Baked Beans Baked Potato Wedges Mixed Fruit	13 Grape-filled Crescent  Chinese Chicken Asian Fried Rice  Vegetable Egg Roll Asian Vegetable Blend Applesauce	14 <b>Breakfast Pizza</b>  <b>Stuffed Chicken Breast</b> <b>Roasted Potatoes</b> <b>Beautiful Broccoli</b> <b>Let's Tie the Garlic Knot</b> <b>Sweetheart Strawberries</b>	15 Mini Cinnis  Beef and Bean Chili Baked Soft Pretzel Mixed Vegetables Pear Slices	16  <b>Professional Development Day</b>
19 	20 Chicken Sausage & Biscuit  Beef Taco Salad Mexican Rice  Refried Beans Mandarin Oranges	21 Breakfast Breadstick  Pasta con Broccoli w/ Chicken Garlic Knot Roll Cooked Carrots <b>Cherries</b>	22 Homemade Oatmeal  BBQ Pulled Pork on Bun Roasted Potato Chunks Sauteed Spinach Peach Slices	23 Banana Bread <b>National Banana Bread Day!</b> MRH Pizza Day Chef's Choice Mixed Fruit
26 Chocolate Chip Oatmeal Bar  Turkey Hot Dog Sweet Potato Fries Roasted Broccoli Applesauce	27 Blueberry Muffin <b>National Strawberry Day!</b> Chicken Fajita Black Beans Corn Kernels Strawberries	28 Breakfast Pizza  Spaghetti w/Meat Sauce Cheese-filled Breadstick Green Beans Mandarin Oranges		