

# Harvest of the Month



## Broccoli

This dark green vegetable is full of nutrients your body needs. It's a great choice for Vitamins K, C, B1 and B6, folate, and fiber. Eating broccoli can help reduce inflammation, which stresses your body out.

When buying fresh broccoli, store it in a plastic bag, squeeze out as much air as possible, and place it in the fridge. Wash it when you're ready to eat it. And don't forget that you can eat the stem! Peel the outer, tough layer to get to the tender, delicious inside.

**Soul Food Supper is February 26 from 5:30 PM to 7:30 PM in the HS Cafeteria!**



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

# February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Local Neighborhood Events</u>                      Feb. 8th, Sweetheart Dance, Rich. Heights, 6:30 - 8:30 PM                      Feb. 11th - Chinese New Year Celebration, Rich. Heights, 7 - 7:30 PM                      Feb. 23rd - Schlafly Winter Farmers' Market, 9AM - 1PM</p> <p><i>Menu is subject to change.                      USDA is an equal opportunity provider, employer, and lender.</i></p>				
4 Apple Oatmeal Bar  Cheeseburger Macaroni Roasted Herbed Potatoes Dinner Roll Mixed Fruit	5 Fiesta Omelet w/Toast  Chicken Soft Taco Sautéed Corn Kernels Refried Beans Peach Slices	6 Breakfast Taquitos  Beef and Vegetable Soup Soft Pretzel Roasted Carrots Mandarin Oranges	7 Pancake on a Stick  Egyptian Koshari Stir Fry Vegetable Blend Flatbread Pineapple Tidbits	1 Breakfast Surprise  MRH Pizza Day! Roasted Broccoli Fresh Cantaloupe
11 Banana Bread  Turkey Hot Dog Sweet Potato Fries Buttered Peas Applesauce	12 Strawberry Bagelful  Beef Nachos Refried Beans Brown Rice Mixed Fruit	13 Homemade Oatmeal  Chicken Pot Pie with Freshly Baked Biscuit Roasted Broccoli Sliced Pears	14 Biscuit and Sausage  Piri Piri Chicken Jollof Rice Curried Spinach Strawberry Slices	15  <p style="text-align: center;"><b>PROFESSIONAL DEVELOPMENT DAY</b></p>
18  	19 Pancakes with Syrup  Fish Taco Sautéed Corn Kernels Creamy Slaw Peach Slices	20 Chocolate Chip Oatmeal Bar  Pulled Smoked Chicken on Ciabatta bun Baked Beans Fresh Honeydew	21 Breakfast Breadstick  Chicken Jambalaya Dinner Roll Capri Vegetable Blend Applesauce	22 Breakfast Pizza  Colby Cheese Omelet Freshly Baked Biscuit Hash Brown Rounds Sausage Link Mandarin Oranges
25 Blueberry Muffin  Hearty Beef Stew Roasted Herbed Potatoes Dinner Roll Pineapple Tidbits	26 Cinnamon Bagelful  Cheeseburger Sweet Potato Fries Roasted Broccoli Mixed Fruit	27 Homemade Oatmeal <p style="text-align: center;"><b>National Strawberry Day!</b></p> Cheesy Chicken Pasta Seasoned Green Beans Garlic Bread Fresh Strawberries	28 French Toast  Pear-poached Pork Hoppin' John MRH Cornbread Fresh Grapes	