

Harvest of the Month



Oats

Oats are a cereal grain that gets harvested, cleaned, and roasted before it is ready for consumption.

Even after all of that, they still have their bran and germ, which provides soluble fiber, vitamins, and minerals.

Oatmeal may come in different forms, like old-fashioned, quick-cooking, steel-cut, or instant.

All these forms provide the same nutritional benefits, so remember to eat your oats!



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

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Local Events Jan. 15 - RH Youth Coding Club, 6:30PM-7PM Jan. 17 - RH Family Book Club, 6PM-7PM Jan. 26 - Schlafly Winter Farmers' Market, 9AM-1PM Maplewood Sweet Tooth Tour, 12PM-5PM <i>Menu is subject to change.</i>		2	3 Apple Oatmeal Bar	4 Fiesta Omelet
		Professional Development Day	Cheeseburger Mac Monterey Veggie Blend Dinner Roll Mixed Fruit	Chicken Soft Taco Seasoned Corn Refried Beans Peach Slices
7 Strawberry Bagelful	8 Pancake on a Stick	9 French Toast	10 Homemade Oatmeal	11 Mini Cinnis
Cheeseburger Baked Beans Roasted Broccoli Applesauce	Crispy Fish Taco Sauteed Corn Creamy Slaw Sliced Pears	Loaded Mashed Potatoes Soft Pretzel Roasted Carrots Mandarin Oranges	Chicken Pot Pie WG Biscuit Crispy Potato Wedges Pineapple Tidbits	Grilled Cheese Tomato Soup Seasoned Green Beans Fresh Grapes
14 Banana Bread	15 Pancakes w Maple Syrup	16 Biscuit and Sausage	17 Breakfast Breadstick	18 Chocolate Chip Muffin
Turkey Hot Dog Sweet Potato Fries Buttered Peas Mixed Fruit	Beef Nachos Refried Beans Brown Rice Peach Slices	Chicken Alfredo Cheese-filled Breadstick Seasoned Green Beans Applesauce	Oven-Roasted Chicken Roasted Broccoli Mashed Potatoes Dinner Roll Sliced Pears	Sloppy Joe Sandwich Capri Vegetables Sauteed Spinach Mandarin Oranges
21	22 Chocolate Chip Oatmeal Bar	23 Bagel w/ Cream Cheese	24 Breakfast Pizza	25 Cinnamon Bread
Martin Luther King, Jr. Day		Chicken Tikka Masala Brown Rice Flatbread Asian Vegetable Blend Fresh Grapes	Meatball Sandwich on French Loaf Roasted Broccoli Crispy Potato Wedges Mixed Fruit	Colby Cheese Omelet Fresh Baked Biscuit Hash Browns Sausage Link Peach Slices
28 Blueberry Muffin	29 Cinnamon Bagelful	30 Homemade Oatmeal	31 French Toast	
Cheeseburger Baked Beans Roasted Broccoli Applesauce	Beef Nachos Brown Rice Sauteed Corn Sliced Pears	Cheesy Southwest Chicken Pasta Seasoned Green Beans Garlic Bread Mandarin Oranges	Orange Chicken Asian Brown Rice Vegetable Egg Roll Stir Fry Vegetables Pineapple Tidbits	