Harvest of the Month

Sweet Potato

Sweet potatoes are eaten all over the world! The orange flesh variety is high in beta-carotene, like carrots. However, they come in many colors like white, yellow, and purple.

North Carolina is the leading grower of sweet potatoes in the U.S. George Washington Carver developed 118 different products using the sweet potato.

There are many cooking methods for this nutritional powerhouse such as baking, steaming, microwaving, pureed, boiled, and juicing. You can also eat it raw!

National Sandwich Day is on November 3rd!

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

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Local Events: Richmond Heights – November 15 - Family Book Club, 6 -7 PM Elementary Book Club, 7-7:30 PM November 16 - Holiday Lighting, 6-7 PM November 20 - Youth Coding Group, 6:30-7 PM *Menu is subject to change.* *This institution is an equal opportunity provider.*			1 Mini Cinnis Penne Chicken Alfredo Cheese Filled Breadstick Roasted Broccoli Sliced Pears	2 MRH Oatmeal Colby Cheese Omelet Hash Brown Fresh Baked Biscuit Pork Sausage Link Applesauce
5 Filled Crescent Rolls Beef and Vegetable Stew Roasted Potato Wedges Dinner Roll Peach Slices	6 Apple Oatmeal Bar Chicken Stir Fry Brown Rice Asian Vegetable Blend Vegetable Egg Roll Mandarin Oranges	7 Strawberry Bagelful Krumbly Burger Baked Beans Roasted Broccoli Pineapple Tidbits	8. Blueberry Muffin Lasagna Roll up Garlic Knot Steamed Green Beans Mixed Fruit	9 Omelet and Toast MRH Pizza Seasonal Vegetables Fresh Orange Slices
12 Banana Bread Turkey Hot Dog Sweet Potato Fries Buttered Peas Sliced Pears	13 Breakfast Soft Taco Chicken and Waffle Roasted Potatoes Seasonal Vegetables Applesauce	14 Biscuit and Sausage Mandarin Orange Chicken Brown Rice Vegetable Egg Roll Roasted Broccoli Peach Slices	15 French Toast Roasted Turkey Mashed Potatoes Roasted Broccoli Dinner Roll Mandarin Oranges	16 Breakfast Surprise Baked Potato Bar Steamed Green Beans Soft Baked Pretzel Pineapple Tidbits
19. Chocolate Chip Oatmeal Bar MRH Beef and Bean Chili Housemade Cornbread Steamed Green Beans Mixed Fruit	20. Cinnamon Bagelful Chicken Taco Refried Beans Corn Kernels Fresh Orange Slices	21 **Thanksgiving Break**	22	23
26 Pancakes w/ Syrup Fish Sandwich on a French Roll Sweet Potato Fries Buttered Peas Sliced Pears	27. Chocolate Chip Muffin Chicken Masala Brown Rice Flatbread Asian Vegetable Blend Applesauce	28 Cinnamon Bread Cheeseburger Baked Beans Roasted Broccoli Peach Slices	29. Breakfast Breadstick Roast Chicken Mashed Potatoes Steamed Green Beans Dinner Roll Peach Slices	30 Breakfast Pizza Pulled Pork Sandwich On Ciabatta Bun Seasonal Vegetable Mandarin Oranges