



Rice

Rice has been eaten since 5000 BC, making it the oldest food we eat. There are three main varieties: short grain, medium grain, and long grain.

To get white rice, brown rice must be milled and polished. This process removes some of the nutrition and fiber from brown rice.

At MRH, we only serve brown rice to provide the best nutrition to our students.

Please remember to fill out a Free and Reduced application for this school year, even if you don't think you qualify! Only one form per household is needed.



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)

September 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| <p><u>Local Food Events:</u> Schlafly Farmers Market- Wednesdays from 4-7 PM.</p> <p><i>We have vegetarian options! Menu is subject to change. This institution is an equal opportunity provider.</i></p> | | | | <p>1 WG Bagel & Cream Cheese</p> <p>Sloppy Joe Baked Beans Coleslaw Pear Slices</p> |
| <p>4</p> <p>Labor Day</p> <p>HOLIDAY</p> | <p>5 Banana Bread</p> <p>Chicken Fajita Black Beans Corn Kernels Mandarin Oranges</p> | <p>6 Biscuit and Gravy</p> <p>Spaghetti w/ Meat Sauce Cheese-filled Breadstick Green Beans Pineapple Tidbits</p> | <p>7 Mini Beef Sausage on Bun</p> <p>BBQ Pulled Turkey on Bun MRH Potato Salad Mixed Vegetable Blend Mixed Fruit</p> | <p>8 Pancakes w/ syrup</p> <p>MRH Pizza Pasta w/ Marinara Cucumber Salad Fresh Grapes</p> |
| <p>11 Breakfast Breadstick</p> <p>Baked Chicken Sandwich Sweet Potato Fries Capri Vegetable Blend Applesauce</p> | <p>12 Choc Chip Oatmeal Bar</p> <p>Beef Taco Salad Mexican Rice  Refried Beans Sliced Pears</p> | <p>13 Breakfast Pizza</p> <p>General Tso's Chicken Steamed Brown Rice Veggie Egg Roll Asian Vegetable Blend Peach Slices</p> | <p>14 Mini Cinnis</p> <p>Krumbly Burger Baked Potato Wedges Coleslaw Mandarin Oranges</p> | <p>15 Apple Cinnamon Muffin</p> <p>Colby Cheese Omelet Freshly Baked Biscuit Pork Sausage Links Hash Brown Fresh Orange Wedges</p> |
| <p>18 Blueberry Bread</p> <p>Macaroni and Cheese Garlic Knot Roll Green Beans Pineapple Tidbits</p> | <p>19 French Toast Sticks w/ syrup</p> <p>Beef & Bean Chili Cornbread Roasted Broccoli Mixed Fruit</p> | <p>20 Breakfast Rolled Taco</p> <p>Grilled Cheese Sandwich Tomato Soup Seasoned Peas Apple and Cherry Crisp</p> | <p>21 Pancakes w/ syrup</p> <p>Baked Fish Sandwich Roast Potato Chunks Corn on the Cob Applesauce</p> | <p>22 Chicken Sausage & Toast</p> <p>MRH Pizza Pasta w/ Marinara Sunshine Salad Fresh Grapes</p> |
| <p>25 Apple Oatmeal Bar</p> <p>Turkey Hot Dog Sweet Potato Fries Corn on the Cob Sliced Pears</p> | <p>26 Chocolate Chip Muffin</p> <p>Beef Taco Salad Mexican Rice  Refried Beans Peach Slices</p> | <p>27 Breakfast Pizza</p> <p>Chicken & Broccoli Pasta Garlic Knot Roll Glazed Carrots Mandarin Oranges</p> | <p>28 Omelet & Toast</p> <p>Baked Catfish Strips Baked Potato Wedges Sauteed Spinach Pineapple Tidbits</p> | <p>29</p> <p>Professional Development Day</p> |