

Harvest of the Month



Carrots

Carrots are not just for rabbits! Eaten raw or cooked, orange carrots are a great source of Vitamin A to help with sight and the anti-oxidant beta carotene.

Carrots can come in other colors such as white, purple, yellow, and red. The sweetest part of the carrot is the core. The bigger the carrot, the bigger the core. Buy carrots that are firm and smooth. Store them in the fridge in a plastic bag in the coolest part of the vegetable drawer to maintain freshness.



National School Breakfast Week March 4-8



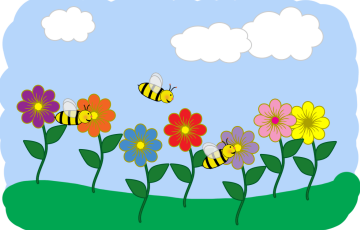
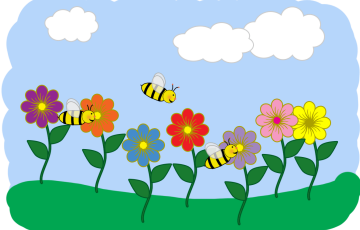
Indicates Locally Grown

Breakfast daily:
Free for all students

Lunch daily:
Choice of milk, chocolate or 1%
\$0.40 reduced price (\$2.00/wk)
\$2.75 full price (\$13.75/wk)
\$0.50 for milk only (\$2.50/wk)



March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Local Events:</u> Daylight Savings Time begins March 10 Family Night Bingo, 7:00 PM, The Heights Schlafly Farmers' Market - March 30, 9AM-1PM <i>This menus is subject to change. This institution is an equal opportunity provider.</i></p>				
<p>4 Mini Maple Pancakes</p> <p>Macaroni and Cheese X-Ray Vision Carrots Seasoned Broccoli Pineapple Tidbits</p>	<p>5 Golden Grahams Cereal Bar</p> <p>Beef Nachos Refried Beans Corn on the Cob Diced Pears</p>	<p>6 Cinnamon Bagelful</p> <p>Mini Corn Dogs Celery Sticks Baby Carrots Mixed Fruit</p>	<p>7 Yogurt w/WG graham</p> <p>BBQ Pulled Chicken Sandwich Roasted Potato Wedges Garden Salad Peach Slices</p>	<p>1 Mini Blueberry Waffles</p> <p>Fish Sea Shapes Baked Beans Great Green Beans Applesauce</p> <p>8 Banana Muffin</p> <p>Cinnamon Glazed Toast Sausage Link Hash Brown Rounds Grape Tomatoes Orange Smiles</p>
<p>11 Apple Oatmeal Bar</p> <p>Baked Chicken Sandwich Sweet Potato Tots Power-packed Peas Mandarin Oranges</p>	<p>12 Mini Confetti Pancakes National Pancake Day! Nacho Bean & Cheese Bites Seasoned Corn Kernels Great Green Beans Applesauce</p>	<p>13 Cherry Frudel</p> <p>Grilled Cheese Sandwich Tomato Soup Broccoli Trees Cucumber Wheels Pineapple Tidbits</p>	<p>14 Banana Bread</p> <p>Shamrock Chicken Nuggets Baked Beans Chef's Vegetable Choice Diced Pears</p>	<p>15</p> <p>Professional Development Day</p>
<p>18  Spring Break </p>				
<p>25 Strawberry Oatmeal Bar</p> <p>Turkey Hot Dog Baked Beans Roasted Potato Wedges Mixed Fruit</p>	<p>26 Mini Cinnamon French Toast</p> <p>Sloppy Joe Sandwich Great Green Beans X-Ray Vision Carrots Mandarin Oranges</p>	<p>27 Apple Frudel</p> <p>Orange Chicken Steamed Brown Rice Power-packed Peas Celery Sticks Peach Slices</p>	<p>28 Cinnamon Bread</p> <p>Pasta w/Meat Sauce Cheese-filled Breadstick Broccoli Trees Baby Carrots Pineapple Tidbits</p>	<p>29 Mini Blueberry Waffles</p> <p>MRH Cheese Pizza Day! Mini Bell Peppers Garden Salad Diced Pears</p>