

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:

Alternate - Cereal w/cinn crisp

Free for all students

Lunch daily:

Salad bar, fresh fruit, choice of milk

\$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> <i>Daylight Savings Time begins March 10</i> Family Night Bingo, 7:00 PM, The Heights Schlafly Farmers' Market - March 30, 9AM-1PM <i>This menus is subject to change.</i> <i>This institution is an equal opportunity provider.</i></p>			1 Mini Blueberry Waffles Fish Sea Shapes Cheesy Potatoes Colorful Carrot Blend Fresh Grapes
4 Mini Confetti Pancakes Baked Chicken Sandwich Oven Potato Wedges Baked Beans Peach Slices	5 Trix Cereal Bar Early Release Day Grab 'n Go Lunch	6 Strawberry Bagelful Pasta w/Meat Sauce Cheese-filled Breadstick Seasoned Corn Kernels Applesauce	7 Yogurt w/WG graham National Cereal Day! Roast Chicken Mashed Potatoes Dinner Roll Great Green Beans Diced Pears	8 Mini Cinnis MRH Pizza Day! Chef's Special Salad Mandarin Oranges
11 Blueberry Muffin Turkey Hot Dog Sweet Potato Tots Seasoned Broccoli Mixed Fruit	12 Mini Maple Pancakes National Pancake Day! Cheeseburger Roasted Potato Wedges Corn on the Cob Pineapple Tidbits	13 Breakfast Pizza Turkey Pepperoni Pinwheel Power-packed Peas X-Ray Vision Carrots Peach Slices	14 Cherry Frudel Shamrock-shaped Chicken Nuggets Baked Beans Chef's Choice Vegetable Applesauce	15 Professional Development Day
<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p>1</p> </div> <div style="text-align: center;"> <h1>Spring Break</h1> <p>20</p> </div> <div style="text-align: center;"> <p>21</p> </div> </div>				
25 Fruity Cheerios Cereal Bar Macaroni and Cheese Cooked Carrots Soft Pretzel Diced Pears	26 Yogurt w/WG graham Chicken Soft Taco Beautiful Black Beans Seasoned Corn Kernels Mandarin Oranges	27 Cinnamon Bagelful Orange Chicken Steamed Brown Rice Power-packed Peas Mixed Fruit	28 Mini Maple Pancakes Mini Corn Dogs Seasoned Broccoli Baked Beans Pineapple Tidbits	29 Grape jelly-filled Crescent Mini Cheese Ravioli Cheese-filled Breadstick Great Green Beans Peach Slices