

# 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



### National School Breakfast Week March 4-8



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)**

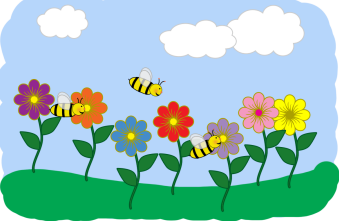
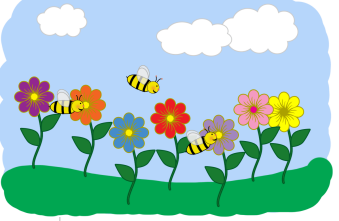


Maplewood Richmond Heights  
Middle School



Maplewood Richmond Heights  
High School

# 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>				1 Breakfast Surprise  MRH Pizza Mixed Vegetables Sliced Peaches
4 Apple Oatmeal Bar  Turkey Hot Dog Buttered Peas Sweet Potato Fries Mandarin Oranges	5 Fiesta Omelet and Toast  Beef Nachos Brown Rice Corn Kernels Refried Beans Pineapple Tidbits	6 Breakfast Taquito  Chicken Pot Pie Fresh Baked Biscuit Roasted Broccoli Applesauce	7 Pancake on a Stick  Roasted Chicken Mashed Potatoes Steamed Green Beans Whole Grain Dinner Roll Pear Slices	8 Mini Cinnis  Toasted Cheese Sandwich MRH Tomato Soup Capri Vegetable Blend Mixed Fruit
11 Banana Bread  Cheeseburger Macaroni Dinner Roll Mixed Vegetables Sliced Peaches	12 Cinnamon Bagelful  Catfish Soft Taco Corn Kernels Black Beans Mandarin Oranges	13 Homemade Oatmeal  Meatball Sandwich Roasted Potatoes Broccoli Florets Pineapple Tidbits	14 Biscuit and Sausage  Orange Chicken Stir Fry Vegetable Brown Rice Vegetable Egg Roll Applesauce	15  <h2>Professional Development Day</h2>
18 	<h1>Spring Break</h1>		21 	
25 Banana Muffin  Cheeseburger Roasted Herb Potatoes Buttered Peas Mixed Fruit	26 Pancakes with Syrup  Chicken Alfredo Steamed Green Beans Cheese-filled Breadstick Pear Slices	27 Chocolate Chip Oatmeal Bar  Shepherd's Pie Soft Baked Pretzel Roasted Broccoli Sliced Peaches	28 Breakfast Breadstick  Cuban Pork Loin Black Beans Brown Rice Monterey Veggie Blend Mandarin Oranges	29 French Toast  Colby Cheese Omelet Hash Brown Sausage Link Whole Grain Biscuit Pineapple Tidbits