



FRUIT AND VEGETABLE OF THE MONTH

STRAWBERRIES & ASPARAGUS

MAPLEWOOD RICHMOND HEIGHTS ELEMENTARY MENU

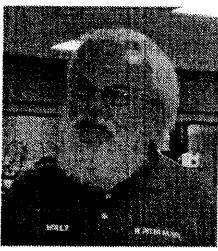
MAY 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 (Biscuit & Jelly) Cheeseburger on Bun Oven Roasted Asparagus Baked Tots Chilled Peaches	4 (Breakfast Muffin) Chicken Stir Fry Fortune Cookie Steamed Broccoli Applesauce	5 (Breakfast Pizza) Fiestada Pizza Mexicali Corn Mixed Grapes Brownie	6 (Apple Strudel) Open Faced Turkey Sandwich Whipped Potatoes w/ Gravy Green Beans Orange Wedges	7 (Cinnamon Glazed French Toast) Sloppy Joe on Bun Mixed Vegetable Strawberry Salad
10 (Bagel w/Cream Cheese) Hot Ham & Cheese Sandwich Oven Fries Fruit Cocktail	11 (Pancake Wrap) Chicken Fajita Seasoned Corn Graham Crackers Fresh Strawberries	12 (Breakfast Pizza) Shepherd's Pie Hot Roll Seasoned Peas Petite Banana	13 (French Toast Sticks) Turkey and Cheese Deli Sandwich Green Beans Apple Crisp	14 (Yogurt w/Granola) Harvest Pepperoni Pizza Tossed Salad Orange Wedges
17 (Breakfast Muffin) Corn Dog Goldfish Crackers Mixed Vegetables Pears	18 (Sausage and Toast) Krumbly Burger on Hot Steamed Bun Oven Baked Fries Side Salad Peaches	19 (Breakfast Pizza) Toasted Turkey Sandwich California Blend Veggies Peaches	20 (Bagel w/Cream Cheese) Macaroni & Cheese w/ Ham Wheat Roll Seasoned Peas Fruit Cocktail	21 (Apple Strudel) Your Choice Pizza Sausage or Cheese Side Salad Applesauce
24 (Pancake Wrap) Chicken Tenders Seasoned Green Beans Pineapple	25 (French Toast Sticks) MRH Taco Salad Seasoned Corn Orange Wedges Vanilla Wafer	26 (Breakfast Pizza) Manager's Choice Entrée Vegetable Fruit	27 (Cereal & Toast) Hot Dog on Bun Baked Chips Baby Carrots w/ Dip Fresh Apple Last Day of School Snow Make Up Day	28
31			Breakfast: Available Daily - Fresh Fruit or 100% Fruit Juice, Cereal w/ Whole Grain Toast, Yogurt w/ Granola, Self Serve Waffle, Variety of Milk Choices	Lunch: Available Daily Fruit & Vegetable Bar, Chef Salads, Variety of Milk Choices and Juice Drink

Nutrient Facts

- Strawberries:
- Great source of vitamin C
 - Full of fiber
- Asparagus:
- Packed with vitamin K
 - High in potassium



Farmer of the month:

Walt Gregory from R Pizza Farm in Dow, IL. His farm is in the shape of a pizza, with different slices of the "pie" growing different pizza ingredients. There are slices growing tomatoes, herbs, and peppers. He keeps goats and cows for milk and cheese, and pigs for pepperoni.

Fun Facts

- There are over 600 varieties of strawberries!
- Asparagus comes in many colors like green, white, and purple and each has a unique flavor.

Local Food Events:

Maplewood Farmers Market every Wednesday 4-7pm @ Schlafly



INDICATES A LOCALLY GROWN