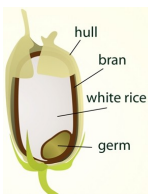


# GRAIN OF THE MONTH

## RICE



# MAPLEWOOD RICHMOND HEIGHTS ELEMENTARY MENU

## FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Carrot Cake Muffin Baked Beef Pasta w/ Cheese Green Beans Peaches	<b>2</b> Yogurt & Granola  Creamy Chicken Enchilada Casserole Seasoned Corn Mandarin Oranges	<b>3</b> French Toast  Fancy Friday Pork Roast w/Gravy Savory Bread Stuffing Balsamic Roasted Cauliflower Clementine
<b>6</b> Oatmeal Raisin Muffin Krumbly Burger Sweet Potato Wedges Steamed Broccoli Josh's Awesome Applesauce	<b>7</b> Sausage & Toast Chicken & Noodle Casserole w/Roll Carrot Sticks Pears	<b>8</b> Breakfast Pizza Lemon Herbed Chicken Brown & Wild Rice Pilaf Seasoned Peas Peaches	<b>9</b> Yogurt & Granola Roast Beef w/Homemade Gravy Roasted Local Veggies Baked Apples Baked Rice Pudding	<b>10</b> Omelet & Toast Homemade Pizza Tossed Salad Grapes
<b>13</b> Bagel w/ Cream Cheese  Mexican Platter Roasted Salsa Refried Beans Peaches	<b>14</b> Pancakes w/Maple Syrup Mac & Cheese Stewed Tomatoes Broccoli Cherry Crisp	<b>15</b> Honey Applesauce Muffin Chicken Fried Rice Asian Vegetables Pears Fortune Cookie	<b>16</b> Yogurt & Granola Baked Ham w/Cherry Glaze, Hot Roll Scalloped Potatoes Sautéed Spinach Baked Apples	<b>17</b> Professional Development Day No School for Students
<b>20</b> President's Day	<b>21</b> Apple Strudel Cheeseburger Sweet Potato Fries Cherry Crisp	<b>22</b> Breakfast Pizza Turkey Casserole w/ Missouri Rice Hot Roll Green Beans Pears	<b>23</b> Yogurt & Granola BBQ Oven Baked Chicken w/Bread Slice Potato Wedges Steamed Broccoli Josh's Awesome Applesauce	<b>24</b> Lemon Couscous Parfait Catfish Strips Cornbread & MRH Honey Seasoned Greens Orange Wedges
<b>27</b> French Toast Turkey Dog on Bun Baked Beans Tossed Salad Strawberries	<b>28</b> Bagel w/Cream Cheese Baked Ham Corn Pudding Carrot & Celery Sticks Applesauce	<b>29</b> Homemade Muffin Square Beef Stew w/ Homemade Wheat Biscuit Seasoned Greens Peach Crisp	<b>Breakfast Daily:</b> <b>Grab n' Go w/ Variety of milk &amp; 100% Fruit Juice</b>	<b>Lunch Daily:</b> <b>Fresh Fruit &amp; Vegetable Bar Variety of Milk</b>

### NUTRIENT FACTS

- **Brown rice is a healthier choice than white rice because whole grains still have the nutritious germ and bran.**
- **The bran and germ are rich sources of fiber, essential fats, iron, B vitamins and vitamin E.**

### FUN FACT:

- **The Chinese word for rice is the same as their word for food.**
- **Rice is the primary food for half of the world's population.**
- **There are over 40,000 different varieties of rice!**



### FARMER:

**Martin Rice Company produces Long Grain and Jasmine rice on its Southeast Missouri farm. This family operation began more than 50 years ago when the Martins settled on 160 acres in the Missouri bootheel, and with their four children, cleared the land using mules. Now, three generations later, the same family farms over 4,000 acres of prime rice-growing land.**

### LOCAL FOOD EVENTS:

**Schlaflly Bottleworks – SLOWednesdays, 7:00 p.m.—Second Wednesday of the month. Slow down, get to know your food & its origin. Meet farmers, learn about sustainable agriculture.**

**Schlaflly Bottleworks – February 25th, 9:00 a.m.-1:00 p.m., Indoor Farmers Market.**



INDICATES A LOCALLY GROWN FOOD