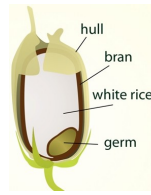


GRAIN OF THE MONTH

RICE



MAPLEWOOD RICHMOND HEIGHTS SENIOR/MIDDLE MENU

FEBRUARY 2012

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

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 pm- 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