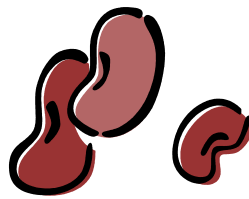


# GRAIN OF THE MONTH

## BEANS & LEGUMES



# MAPLEWOOD RICHMOND HEIGHTS EARLY CHILDHOOD MENU

## JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> No School	<b>3</b> No School For Students	<b>4</b> Oatmeal Chaco Bar Hot Dog on Bun Chef's Choice Beans Mandarin Oranges	<b>5</b> Orange Muffin Loaf Chicken Salad w/Roll Broccoli Trees w/Dip Josh's Awesome-Applesauce 	<b>6</b> Chaco Chip Muffin Domino's Pizza Tossed Salad Peaches 
<b>9</b> Maple Waffle Sunbutter & Jelly Sandwich Baby Carrots w/Dip Pineapple Tidbits	<b>10</b> Blueberry Muffin Chicken Salad Wrap Cucumber Wheels Fresh Apple	<b>11</b> Banana Chaco Bar Turkey & Cheese on Bun Celery Sticks Diced Pears	<b>12</b> Cinnamon Waffle Hard Boiled Egg/Roll Cheese Stick Broccoli Trees w/Dip Grapes	<b>13</b> Bagelettes w/Jelly Ham & Cheese on Bun Tossed Salad Apple Crisp 
<b>16</b> Martin Luther King, Jr. Day	<b>17</b> Honey Wheat Bagel Hot Dog on Bun Mac & Cheese Peas Pineapple	<b>18</b> Breakfast Pizza Chili w/shredded Cheese Broccoli w/Dip Corn Bread Peach crisp 	<b>19</b> Yogurt w/Granola Beef Stew over rice w/ Biscuit Tossed Salad Josh's Awesome Applesauce Homemade Cookie 	<b>20</b> Lemon Couscous Parfait Baked Chicken w/roll Roasted Carrots Green Beans Baked apples 
<b>23</b> Omelet w/ toast Chicken Pot Pie w/ Roll Green Beans Clementine	<b>24</b> Carrot Cake Muffin Mexican Platter Seasoned Corn Josh's Awesome Applesauce 	<b>25</b> Breakfast Pizza Ham & Beans Collard Greens/Cornbread w/MRH honey butter Peach Cobbler 	<b>26</b> Yogurt w/Granola Teriyaki Chicken w/rice Fortune Cookie Oriental Vegetables Baked Apples 	<b>27</b> Professional Development Day No School For Students
<b>30</b> Apple Strudel Spaghetti & marinara Roll Green Beans Fresh Apple	<b>31</b> Blueberry Bagel Turkey Meatball Sub Roasted Sweet Potatoes Seasoned Peas Peaches 	Breakfast Daily: Breakfast in the class- room w/ Variety of milk & 100% Fruit Juice		

### NUTRIENT FACTS

- Beans are legumes are high in protein and dietary fiber.
- Legumes include alfalfa, peas, beans, soy, lentils, and peanuts are rich sources of iron, copper, folic acid and magnesium.



**Farmer:** Paul Krautmann, Bellews Creek Farm in Hillsboro MO is located in a region that is home to some of the oldest family farms in Missouri. He sells black turtle beans at the Maplewood Farmers Market.

### LOCAL FOOD EVENTS:

- 1/14/11 Beginning Beekeeping, Collinsville IL 10am, 618-346-7529
- 1/14/12 The Loop Ice Carnival 10am-6pm
- 1/21/12 Maplewood Winter's Market, Schlafly's Bottleworks, 9am-1pm

### FUN FACTS:

- Peanuts are not nuts, rather a legume related to beans and lentils.
- Lima beans have many names including butter bean, sugar bean, haba bean and rangoon bean.



**INDICATES A LOCALLY GROWN FOOD**