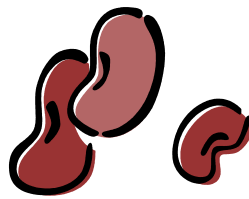



GRAIN OF THE MONTH

BEANS & LEGUMES



MAPLEWOOD RICHMOND HEIGHTS ELEMENTARY MENU

JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 No School For Students	4 Breakfast Pizza Cheeseburger on Bun Chef's choice beans Mandarin Oranges	5 Yogurt w/Granola Spicy Chicken w/Lentils & Rice/peppers Hot Roll Josh's Awesome Applesauce 	6 Sweet Potato Muffin Homemade Pizza Tossed Salad Peaches 
9 Bagel w/Cream Cheese Spaghetti w/bolognese Cheese breadstick Tossed Salad Petite Banana	10 Apple Strudel Chicken & black bean Fajitas Seasoned Corn Strawberry shortcake	11 Sunbutter Breakfast Muffin Baked Chicken w/roll Flavored Rice Sweet Potato Coins  Fresh Apple	12 Yogurt w/Granola Meatloaf w/wheat roll Mashed Potatoes & Gravy Green Beans Grapes	13 Omelet w/toast Fancy Friday Baked Ham w/pineapple Glaze Macaroni & Cheese Sweet Potato Biscuit Apple Crisp 
16 Martin Luther King, Jr. Day	17 Honey Wheat Bagel Hot Dog on Bun Mac & Cheese Peas Pineapple	18 Breakfast Pizza Chili w/shredded Cheese Broccoli w/Dip Corn Bread Peach crisp 	19 Yogurt w/Granola Beef Stew over rice w/ Biscuit Tossed Salad Josh's Awesome Applesauce Homemade Cookie 	20 Lemon Couscous Parfait Baked Chicken w/roll Roasted Carrots Green Beans Baked apples 
23 Omelet w/ toast Chicken Pot Pie w/ Roll Green Beans Clementine	24 Carrot Cake Muffin Mexican Platter Seasoned Corn w/ Red Peppers Josh's Awesome Applesauce 	25 Breakfast Pizza Ham & Beans Collard Greens/Cornbread w/MRH honey butter Peach Cobbler 	26 Yogurt w/Granola Teriyaki Chicken w/rice Fortune Cookie Oriental Vegetables Baked Apples 	27 Professional Development Day No School For Students
30 Apple Strudel Spaghetti & marinara Roll Green Beans Fresh Apple	31 Blueberry Bagel Turkey Meatball Sub Roasted Sweet Potatoes Seasoned Peas Peaches 	Breakfast Daily: Grab n'Go w/ Variety of Milk & 100% Fruit Juice	Lunch Daily: Fresh Fruit & Vegetable Bar Variety of Milk	

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