

# LONE GROVE SCHOOLS MENU

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 NO SCHOOL	4 Breakfast pizza	5 Sausage-on-a-stick	6 Sausage Biscuits Gravy
9 Breakfast pizza	10 Pancakes Sausage	11 Sliced ham Biscuits Gravy	12 Cereal Toast	13 Sausage Biscuits Gravy
16 Breakfast pizza	17 Sausage-on-a-stick	18 Cereal Toast	19 Yogurt Cheese stick	20 Sausage Biscuits Gravy
23 Breakfast pizza	24 Pancakes Sausage	25 Cereal Toast	26 Yogurt Cheese stick	27 Sausage Biscuits Gravy
30 Breakfast pizza	FRUIT MILK JUICE SERVED DAILY			

## NUTRITION TIP: Health Benefits of Whole Grain Go Beyond Vitamins and Minerals

- Whole grain provides nutrients such as carbohydrates, B vitamins, minerals, plant sterols, antioxidants, and phytonutrients.
- This is why whole grain may help reduce the risk of many chronic diseases such as heart disease.<sup>2,3</sup>

## School Information:

- THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER..
- MENUS ARE SUBJECT TO CHANGE.