

LONE GROVE SCHOOLS MENU

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 NO SCHOOL	4 Toasted turkey & cheese sand Baked fries Pickle spears Strawberries/bananas	5 Spaghetti Romaine salad Green beans Garlic toast Peaches	6 Chicken quesadillas Refried beans Garden salad Salsa/chips
9 Hamburgers Baked fries Lettuce/tomatoes/pickles Sliced peaches	10 Taco salad Shredded lettuce/tomatoes Refried beans Salsa Oranges	11 Chicken/broccoli/rice casserole Romaine salad Corn Red apples	12 Sliced turkey Mashed potatoes/gravy Steamed carrots Biscuits Bananas	13 Toasted ham & cheese sand Baked beans Pickle spears Fruit
16 Fish sticks Macaroni & cheese Baked beans Baby carrots/dip Fruit cocktail	17 BBQ pulled pork sandwich Oven baked fries Pickle spears Strawberries/bananas	18 Lasagna Romaine salad Green beans Garlic toast Oranges	19 Chicken quesadillas Refried beans Garden salad Salsa/chips Bananas	20 Sliced turkey Mashed potatoes/gravy Steamed carrots Biscuits Red apples
23 Hamburgers/cheeseburgers Lettuce/tomatoes pickles Oven fries Pudding/bananas	24 Frito chili pie Corn Baby carrots/celery sticks/dip Red apples	25 Stuffed crust pizza Baked beans Romaine salad Strawberries/bananas	26 Soft taco Pinto beans Salsa Baby carrots/broccoli/dip Oranges	27 Sliced turkey Mashed potatoes/gravy Green beans Bread Sliced peaches
30 Chicken Mashed potatoes/gravy Corn Biscuits Red apples	MILK SERVED DAILY JUICE SERVED HS			

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.^{2,3}

School Information:

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