


LONE GROVE SCHOOLS MENU

AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRUIT MILK JUICE SERVED DAILY				
	14 Breakfast pizza	15 French toast sticks	16 Cereal Toast	17 Yogurt Toast
Breakfast pizza	21 Waffles Sausage	22 Cereal Toast	23 Sausage-on-a-stick	24 Yogurt Toast
Breakfast pizza	28 Pancakes Sausage	29 Cereal Toast	30 31 French toast sticks	

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:

- USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.
- MENUS ARE SUBJECT TO CHANGE.