

LONE GROVE SCHOOLS MENU

AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK AND WATER SERVED DAILY				
	<p>14</p> <p>Hamburgers Baked French fries Romaine lettuce/tomatoes Pickles Sliced peaches</p>	<p>15</p> <p>Stuffed crust pizza Corn Baby carrots/dip Watermelon</p>	<p>16</p> <p>Chicken nuggets Garden salad Green beans Rolls Bananas</p>	<p>17</p> <p>Turkey & cheese sandwich Tater tots Pickle spears Sliced tomatoes Fresh strawberries</p>
<p>21</p> <p>Beef and bean burrito Mexican corn Baby carrots Chips/salsa Green apples</p>	<p>22</p> <p>Chicken sandwich Baked fries Baked beans Strawberries/bananas</p>	<p>23</p> <p>Spaghetti Green beans Garden salad Garlic toast Red apples</p>	<p>24</p> <p>Chicken wraps Pinto beans Tomatoes/romaine lettuce Watermelon</p>	<p>25</p> <p>Steak fingers Macaroni & cheese Fresh broccoli/dip Rolls Fresh strawberries</p>
<p>28</p> <p>Taco salad Refried beans Shredded lettuce/tomatoes Salsa Fresh grapes</p>	<p>29</p> <p>Grilled cheese sandwich Baked fries Pork & beans Frozen fruit bar</p>	<p>30</p> <p>Salisbury steak Mashed potatoes/gravy Green beans Rolls Fresh strawberries</p>	<p>31</p> <p>Sausage pizza Corn Fresh broccoli/baby carrots/dip Watermelon</p>	

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.