

LONE GROVE SCHOOLS MENU

DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRUIT MILK JUICE SERVED DAILY				Cereal Toast 1
Breakfast pizza 4	Oatmeal Cinnamon toast 5	Sliced ham Scrambled eggs Biscuits 6	Cereal Toast 7	Sausage Biscuits Gravy 8
Breakfast pizza 11	Cereal Toast 12	Sausage-on-a-stick 13	Cereal Toast 14	Sausage Biscuits Gravy 15
NO SCHOOL				

NUTRITION TIP: Lactose Intolerance

- About 1 in 4 Americans is lactose intolerant.¹
- Yogurt contains live and active cultures to help break down lactose in dairy.
- The American Academy of pediatrics recommend yogurt as a dairy product for children with lactose intolerance. ²

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