

LONE GROVE SCHOOLS MENU

DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK SERVED DAILY JUICE SERVED/HS	MENUS ARE SUBJECT TO CHANGE			Hot turkey /cheese sand 1 Baked beans Baby carrots/dip Strawberries/bananas
Chicken nuggets 4 Mashed potatoes/gravy Steamed carrots Biscuits Red apples	Taco salad 5 Refried beans Romaine lettuce/tomatoes Salsa Bananas	Chicken sandwich 6 Baked beans Baby carrots/dip Strawberries/bananas	Beef stew 7 Grilled cheese sand Crackers Fresh broccoli/dip Oranges	Sliced turkey 8 Mashed potatoes/gravy Green beans Biscuits Sliced peaches
Stuffed crust pizza 11 Baked fries Peas/carrots Red apples	BBQ pork sandwich 12 Baked beans Cole slaw Bananas	Chicken quesadillas 13 Pinto beans Romaine salad Salsa Fruit cocktail	Turkey& dressing 14 Mashed potatoes Gravy Cranberry sauce Green beans Fruit salad	Hamburgers 15 Baked fries Lettuce/tomatoes Pickles Sliced peaches
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

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