


# LONE GROVE SCHOOLS MENU

FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENUS ARE SUBJECT TO CHANGE	FRUIT MILK JUICE SERVED DAILY		Cheese toast Sausage	Cereal Cinnamon toast
Breakfast pizza	Sausage-on-a-stick	Sausage Biscuits Gravy	Cereal Toast	NO SCHOOL
Breakfast pizza	Pancakes Sausage	Cereal Toast	Oatmeal Cinnamon toast	Sausage Biscuits Gravy
Breakfast pizza	Sausage-on-a-stick	Cereal Toast	Yogurt Toast	Sausage Biscuits Gravy
Breakfast pizza	Pancakes Sausage	Cereal Toast		

## 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.<sup>2,3</sup>

**School Information: THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**