

# LONE GROVE SCHOOLS MENU

FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENUS ARE SUBJECT TO CHANGE	MILK SERVED DAILY JUICE SERVED HS		Turkey sandwich Tomato soup Cheese sticks Baby carrots/broccoli/dip Fruit cocktail	Oven baked chicken Mashed potatoes/gravy Steamed vegetables Biscuits Oranges
Burrito Pinto beans Baby carrots/dip Salsa/chips Bananas	Beef stew Grilled cheese sandwich Romaine salad Oranges	Sloppy Joes Baked beans Fresh broccoli/dip Strawberries/bananas	Sliced turkey Mashed potatoes/gravy Steamed carrots Red apples	NO SCHOOL
Baked chicken Mashed potatoes/gravy Green beans Biscuit Fruit cocktail	Sliced ham Baked beans Coleslaw Cheese toast Strawberries/bananas	Taco salad Refried beans Romaine lettuce/tomatoes Salsa Oranges	Turkey sandwich Tomato soup Cheese sticks Baby carrots/broccoli/dip Bananas	Frito chili pie Romaine salad Corn Red apples
Hamburgers Baked fries Lettuce/tomatoes/pickles Sliced peaches	Soft taco Pinto beans Salsa/chips Baby carrots/dip Oranges	Stuffed crust pizza Baked beans Romaine salad Strawberries/bananas	Beef stew Grilled cheese sandwich Pickle spear Fruit cocktail	Chicken nuggets Mashed potatoes/gravy Steamed carrots Biscuits Red apples
Steak fingers Mashed potatoes/gravy Green beans Biscuits Red apples	Meat ball sub Baked beans Broccoli./baby carrots/dip Bananas	Lasagna Romaine salad Steamed carrots Garlic toast Oranges		

## 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**