

# LONE GROVE SCHOOLS MENU

JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRUIT MILK JUICE SERVED DAILY		3 Breakfast pizza	4 Sausage-on-a-stick	5 Sausage Biscuits Gravy
8 Breakfast pizza	9 Pancakes Sausage	10 Cereal Toast	11 Scrambled eggs Toast	12 Sausage Biscuits Gravy
15 NO SCHOOL	16 Breakfast pizza	17 Sausage-on-a-stick	18 Cereal Toast Yogurt	19 Sausage Biscuits Gravy
22 Breakfast pizza	23 Sausage Scrambled eggs Toast	24 Pancakes	25 Cereal Toast	26 Sausage Biscuits Gravy
29 Breakfast pizza	30 Sausage-on-a-stick	31 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..
- MENUS ARE SUBJECT TO CHANGE.