

LONE GROVE SCHOOLS MENU

MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MILK SERVED DAILY JUICE SERVED HS		Taco salad ¹ Shredded lettuce/tomatoes Refried beans Salsa Sliced peaches	NO SCHOOL ²
Hamburgers ⁵ Baked fries Lettuce/tomatoes/pickles Red apples	Soft taco ⁶ Pinto beans Salsa Baby carrots/broccoli/dip Bananas	BBQ pulled pork sandwich ⁷ Baked beans Coleslaw Sliced peaches	Sliced turkey ⁸ Mashed potatoes/gravy Peas/carrots Biscuits Fruit cocktail	Chicken noodle soup ⁹ Grilled cheese sandwich Romaine salad Strawberries/bananas
SPRING BREAK ¹²	¹³	¹⁴	¹⁵	¹⁶
Fish sticks ¹⁹ Potato salad Baked beans Bread Fruit cocktail	Toasted ham & cheese ²⁰ Sandwich Baked fries Pickle spear Strawberries/bananas	Enchilada pie ²¹ Pinto beans Salsa/chips Baby carrots/broccoli Fruit	Stuffed crust pizza ²² Romaine salad Corn Red apples	Sliced turkey ²³ Mashed potatoes/gravy Peas/carrots Biscuits Sliced peaches
Frito chili pie ²⁶ Corn Baby carrots/dip Pickle spear Red apples	Fish sticks ²⁷ Coleslaw Baked beans Biscuits Oranges	Taco salad ²⁸ Romaine lettuce/tomatoes Refried beans Salsa Bananas	Sliced turkey ²⁹ Mashed potatoes/gravy Green beans Bread Sliced peaches	NO SCHOOL ³⁰

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.^{2,3}

School Information: THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. MENUS ARE SUBJECT TO CHANGE