

LONE GROVE SCHOOLS MENU

MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FRUIT MILK JUICE SERVED DAILY		Sausage Biscuits Gravy 1	NO SCHOOL 2
Breakfast pizza 5	Sliced ham Toast 6	Sausage-on-a-stick 7	Cereal Toast 8	Sausage Biscuits Gravy 9
SPRING BREAK 12				
Breakfast pizza 19	Sausage-on-a-stick 20	Cereal Toast 21	Sausage Biscuits Gravy 22	Yogurt Cheese toast 23
Breakfast pizza 26	Pancakes Sausage 27	Cereal Toast 28	Sausage Biscuits Gravy 29	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**