


# LONE GROVE SCHOOLS MENU

MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRUIT MILK JUICE SERVED DAILY	Sausage-on-a-stick 1	Cereal Toast 2	Pancakes 3	Sausage Biscuits 4
Breakfast Pizza 7	Cereal Toast 8	Sausage-on-a-stick 9	Cereal Toast 10	Sausage Biscuits 11
Breakfast pizza 14	Cereal Toast 15	COOKS CHOICE 16	COOKS CHOICE 17 LAST DAY OF SCHOOL	18
				

## 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.