

# LONE GROVE SCHOOLS MENU

HS LUNCH

MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK SERVED DAILY ●	Taco salad ● Lettuce/tomatoes Refried beans Salsa Oranges	Turkey & cheese sandwich ● Tater tots Pickle spears Strawberries/bananas	Chicken nuggets ● Baked beans Romaine salad Garlic Bread Peaches	Sliced turkey ● Mashed potatoes/gravy Green beans Biscuits Fruit
Fish sticks ● Baked beans Coleslaw Garlic bread Sliced peaches	Frito chili pie ● Corn Baby carrots/dip Red apples	Meatball sub ● Romaine salad Tater tots Bananas	Oven baked chicken ● Potato salad Pinto beans Biscuits Fresh strawberries	Hamburgers/cheese burger ● Lettuce/tomatoes/pickles Oven baked fries Oranges
Oven baked chicken ● Mashed potatoes/gravy Green beans Biscuits Red apples	Fish sticks ● Baked beans Romaine salad Garlic bread Peaches	Oven baked chicken ● Potato salad Baby carrots/dip Biscuits Bananas	COOKS CHOICE ●  LAST DAY OF SCHOOL	●
				

## 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.