

# LONE GROVE SCHOOLS MENU

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast pizza	3 Sausage-on-a-stick	4 Cereal Toast	5 Yogurt Toast	6 Sausage Biscuits Gravy
9 Breakfast pizza	10 Sausage-on-a-stick	11 Scrambled eggs Toast	12 Yogurt Toast	13 Sausage Biscuits Gravy
16 Breakfast pizza	17 Scrambled eggs Toast	18 Sausage Biscuits Gravy	19 Cereal Toast	20 NO SCHOOL
23 NO SCHOOL	24 Breakfast pizza	25 Sausage-on-a-stick	26 Cereal Toast	27 Sausage Biscuits Gravy
30 Breakfast pizza	31 Yogurt Toast	FRUIT MILK JUICE SERVED DAILY		

## 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**