

# LONE GROVE SCHOOLS MENU

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken nuggets Mashed potatoes Gravy Green beans/rolls Red apples	3 Sloppy Joes Tater tots Baby carrots/dip Bananas	4 Catfish strips Baked beans Potato salad Rolls Peaches	5 Taco salad Refried beans Shredded lettuce/tomatoes Salsa Fruit cocktail	6 Hot turkey/cheese sandwich Oven fries Pickle spears Strawberries/bananas
9 Chicken nuggets Mashed potatoes/gravy Baked beans Rolls Peaches	10 Frito chili pie Green beans Baby carrots/dip Red apples	11 Beef and bean burrito Mexican corn Salsa/chips Bananas	12 Spaghetti Romaine salad Steamed carrots Garlic toast Grapes	13 Sliced ham Mashed potatoes/gravy Black-eye-peas Rolls Fruit cocktail
16 Hot turkey/cheese sandwich Oven fries Pickle spears Peaches	17 Soft taco Refried beans Romaine lettuce/tomatoes Salsa Grapes	18 Hamburgers Oven fries Lettuce/tomatoes/pickles Strawberries/bananas	19 Oven baked chicken Mashed potatoes/gravy Green beans Rolls Red apples	20 NO SCHOOL
23 NO SCHOOL	24 Pepperoni pizza Tater tots Baby carrots/dip Bananas	25 Lasagna Romaine salad Corn Garlic toast Red apples	26 Hot turkey/cheese sandwich Baked beans Pickle spears Strawberries/bananas	27 Oven baked chicken Mashed potatoes/gravy Green beans Rolls Fruit cocktail
30 Steak fingers Mashed potatoes/gravy Steamed carrots Rolls Peaches	31 Chicken sandwich Oven fries Pickle spears Red apples			

## 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**