

# LONE GROVE SCHOOLS MENU

SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Fruit Milk Juice served daily			Sausage Biscuits Gravy
NO SCHOOL	Breakfast pizza	Biscuits Sausage	Yogurt Toast	Cereal Toast
Breakfast pizza	Yogurt Toast	Cereal Toast	Sausage-on-a-stick	Sausage Biscuits Gravy
Breakfast pizza	Sausage Biscuits	Cereal Toast	Sausage-on-a-stick	NO SCHOOL
Breakfast pizza	Toast Sausage	Cereal Toast	28 Yogurt Toast	29 Sausage Biscuits Gravy

## 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