


LONE GROVE SCHOOLS MENU

SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MILK AND WATER SERVED DAILY			Turkey wraps Tomatoes/lettuce Baked fries Cantaloupe
NO SCHOOL	Catfish strips Baked beans Coleslaw Rolls Peaches	Sloppy Joes Baked fries Pickle spears Bananas	Beef and bean burrito Mexican corn Baby carrots Chips/salsa Fruit	Stuffed crust pizza Tater tots Fresh broccoli/dip Fresh strawberries
Salisbury steak Mashed potatoes/gravy Green beans Rolls Red apples	Lasagna Romaine salad Corn Garlic toast Bananas	Grilled cheese sandwich Baked fries Pork & beans Green apples	Taco salad Refried beans Shredded lettuce/tomatoes Salsa Grapes	Chicken sandwich Tater tots Pickle spears Fresh strawberries
Steak fingers Mashed potatoes/gravy Green beans Rolls Red apples	Hamburgers Cheese fries Romaine lettuce/tomatoes/pickles Bananas	Soft taco Refried beans Mexican corn Salsa Peaches	Catfish strips Baked beans Potato salad Rolls Strawberries / bananas	NO SCHOOL
Stuffed crust pizza Baked fries Pickle spears Red apples	Spaghetti Romaine salad Green beans Garlic toast Peaches	Chicken quesadillas Pinto beans Baby carrots/dip Salsa Tropical fruit	28 Frito chili pie Corn Tossed salad Strawberries/bananas	29 Hamburgers Cheese fries Lettuce/tomatoes/pickles Green 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.^{2,3}

School Information: THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MENUS ARE SUBJECT TO CHANGE