

Nutrition Byte

Great Grains!

Did you know September is Whole Grains Month? Examples of grain foods are bread, cereal, rice, pasta, oatmeal, pancakes and tortillas. These foods give our bodies and brains energy we need to move and think.

Whole grains give us protein, iron, Vitamin E, B vitamins, magnesium, fiber and antioxidants. They also may reduce the risk of obesity, heart disease, cancer and diabetes. Try making at least half the grains you eat whole grains. This will help you get all the benefits grains offer.

What is a whole grain? Whole grains are the entire seed of a plant. This seed, or kernel, is made up of three key edible parts – the bran, the germ, and the endosperm. To be certain that a product is a whole grain, look for the following on the food label:

- Whole grain (name of grain)
- Whole wheat
- Stoneground whole (grain)
- Brown rice
- Oats, oatmeal
- Wheatberries

Have you ever tried amaranth, quinoa, sorghum, or spelt? There is a whole world of whole grains out there to discover! Learn more at <https://www.myplate.gov>. www.schoolnutrition.org.

Middle & High Menus for September 2021

		Wednesday, September 1	Thursday, September 2	Friday, September 3
		Ranchero Pizza Macho Nachos Salad Corn Fruit, Juice Milk <small>Birthday Cupcake —June July, August, September</small>	Chicken Nuggets w Biscuit Chuck Wagon Burger Bush's Pinto Maple Roasted Sweet Potato Fruit Juice Milk	Pizza Spicy Chicken Sandwich Baby Carrots w Dip Salad Fruit Cookie Milk
Monday, September 6	Tuesday, September 7	Wednesday, September 8	Thursday, September 9	Friday, September 10
	Hamburger Chicken Sandwich Bush's Baked Beans Potato Wedges Fruit Juice Milk	Chicken Nuggets w Biscuit Meat loaf w Biscuit Green Beans Mashed Potatoes Fruit Juice Milk	Chicken Quesadilla Macho Nachos Bush's Pinto Beans Corn Salsa Fruit Juice Milk	Pizza Cheese Stick Hoagie Baby Carrots w Dip Salad Marinara Fruit, Juice Cookie Milk
Monday, September 13	Tuesday, September 14	Wednesday, September 15	Thursday, September 16	Friday, September 17
Dill Chicken w Roll Corn dog Potato Smiles Green Beans Fruit Juice Milk	Hamburger Chicken Sandwich Potato Wedges Baked Beans Fruit Juice Milk	Chicken Tenders w Biscuit Chicken Quesadilla Tater Tots Salad Fruit Juice Milk	Boneless Wings w Corn Muffin Ranchero Pizza Potato Wedges Baby Carrots w Dip Fruit Juice Milk	French Bread Pizza Beef Bites w Roll Fresh Veggies Marinara Fruit Juice Cookie Milk
Monday, September 20	Tuesday, September 21	Wednesday, September 22	Thursday, September 23	Friday, September 24
Hamburger Chicken Sandwich Bush's Baked Beans Potato Wedges Fruit Juice Milk	Garlic French Bread Asian Chicken w Rice Roasted Broccoli Marinara Fruit Juice Milk	Ranchero Pizza Macho Nachos Salad Corn Fruit Juice Milk	Chicken Nuggets w Biscuit Chuck Wagon Burger Bush's Pinto Maple Roasted Sweet Potato Fruit Juice Milk	Pizza Spicy Chicken Sandwich Baby Carrots w Dip Salad Fruit Juice Cookie Milk
Monday, September 27	Tuesday, September 28	Wednesday, September 29	Thursday, September 30	
Hamburger Chicken Sandwich Bush's Baked Beans Potato Wedges Fruit Juice Milk	Pizza Beef Bites and Rice Roasted Broccoli Sweet Carrots Fruit Milk	Chicken Nuggets w Biscuit Meat loaf w Biscuit Green Beans Mashed Potatoes Fruit Juice Milk	Chicken Quesadilla Macho Nachos Bush's Pinto Beans Corn Salsa Fruit Juice Milk	Pizza Cheese Stick Hoagie Baby Carrots w Dip Salad Marinara Fruit, Juice Cookie Milk

