

## 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](http://www.schoolnutrition.org).

# Preschool Menus for September 2021

		Wednesday, September 1	Thursday, September 2	Friday, September 3
		Cereal, Juice, Milk  Pizza Cheese Stick Corn Fruit Milk <small>Birthday Cupcake —June July, August, September</small>	Banana Brd, Fruit Cup, Milk  Chicken Nuggets Roasted Broccoli Maple Roasted Sweet Potato Milk	Cereal, Juice, Milk  School Pizza Salad Fruit Cookie Milk
Monday, September 6	Tuesday, September 7	Wednesday, September 8	Thursday, September 9	Friday, September 10
	Banana Brd, Fruit Cup, Milk  Chicken Sandwich Bush's Baked Beans Fruit Milk	Cereal, Juice, Milk  Chicken Nuggets Green Beans Mashed Potatoes Milk	Banana Brd, Fruit Cup, Milk  Chicken Quesadilla Corn Fruit Milk	Cereal, Juice, Milk  French Bread Pizza Salad Fruit Cookie Milk
Monday, September 13	Tuesday, September 14	Wednesday, September 15	Thursday, September 16	Friday, September 17
Cereal, Juice, Milk  Comdog Potato Smiles Green Beans Milk	Banana Brd, Fruit Cup, Milk  Chicken Nuggets Sweet Carrots Mashed Potatoes Milk	Cereal, Juice, Milk  Ranchero Pizza Bush's Pinto Beans Fruit Milk	Banana Brd, Fruit Cup, Milk  Hoagie Baby Carrots w Dip Fruit Milk	Cereal, Juice, Milk  Pizza Cheese Stick Corn Fruit Cookie Milk
Monday, September 20	Tuesday, September 21	Wednesday, September 22	Thursday, September 23	Friday, September 24
Cereal, Juice, Milk  Hamburger Bush's Baked Beans Potato Wedges Milk	Banana Brd, Fruit Cup, Milk  Chicken Tenders Green Beans Fruit Milk	Cereal, Juice, Milk  Pizza Cheese Stick Corn Fruit Milk	Banana Brd, Fruit Cup, Milk  Chicken Nuggets Roasted Broccoli Maple Roasted Sweet Potato Milk	Cereal, Juice, Milk  School Pizza Salad Fruit Cookie Milk
Monday, September 27	Tuesday, September 28	Wednesday, September 29	Thursday, September 30	
Cereal, Juice, Milk  Chicken Sandwich Bush's Baked Beans Fruit Milk	Banana Brd, Fruit Cup, Milk  Beef Bites and Rice Roasted Broccoli Sweet Carrots Milk	Cereal, Juice, Milk  Chicken Nuggets Green Beans Mashed Potatoes Milk	Banana Brd, Fruit Cup, Milk  Chicken Quesadilla Corn Fruit Milk	Cereal, Juice, Milk  French Bread Pizza Salad Fruit Cookie Milk

