

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.

Tramway Menus for September 2021

| | | Wednesday, September 1 | Thursday, September 2 | Friday, September 3 |
|---------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| | | Pizza Cheese Stick Marinara Salad Corn Fruit Milk Birthday Cupcake —September | Chicken Nuggets Biscuit Roasted Broccoli Maple Roasted Sweet Potato Fruit Milk | School Pizza Baby Carrots w Dip Salad Fruit Cookie Milk |
| Monday, September 6 | Tuesday, September 7 | Wednesday, September 8 | Thursday, September 9 | Friday, September 10 |
| | Chicken Sandwich Bush's Baked Beans Potato Wedges Fruit Milk | Chicken Nuggets Biscuit Green Beans Mashed Potatoes Fruit Milk | Chicken Quesadilla Bush's Pinto Beans Corn Salsa Fruit Milk | French Bread Pizza Baby Carrots w Dip Salad Marinara Fruit Cookie Milk |
| Monday, September 13 | Tuesday, September 14 | Wednesday, September 15 | Thursday, September 16 | Friday, September 17 |
| Comdog Potato Smiles Green Beans Fruit Milk | Chicken Nuggets Biscuit Sweet Carrots Mashed Potatoes Fruit Milk | Ranchero Pizza Bush's Pinto Beans Salad Fruit Milk | Hoagie Baby Carrots w Dip Potato Wedges Fruit Milk | Pizza Cheese Stick Marinara Salad Corn Fruit Cookie Milk |
| Monday, September 20 | Tuesday, September 21 | Wednesday, September 22 | Thursday, September 23 | Friday, September 24 |
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| Monday, September 27 | Tuesday, September 28 | Wednesday, September 29 | Thursday, September 30 | |
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