

Families Making the Connection

Learn about Wheat


Wheat is a grass whose seed belongs to the grains group. Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain are grain products. Bread, tortillas, pasta, cereals, and crackers are examples.

Grains have two subgroups: whole grains and refined grains. Whole grains have the entire grain kernel, which includes the bran, germ, and endosperm. Refined grains have been milled, a process that removes the bran and germ. This also removes dietary fiber, iron, and many B vitamins. Refined grains should be enriched. This means adding back certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron. However, fiber is not added back to enriched grains.

At least half of the grains we eat should be whole grains. Choose whole grain products like whole wheat flour, whole wheat bread, whole grain cereal, etc. For refined grains, look for “enriched” options. Some food products are made from mixtures of whole grains and refined grains. Only foods that are made with 100% whole grains are a whole grain food.

Grains offer complex carbohydrates, dietary fiber, protein, B vitamins, iron, copper, calcium, magnesium, selenium, and zinc. Eating grains, especially whole grains, provides health benefits. Eating whole grains as part of a healthy diet can support healthy digestion, may help with weight management, and may reduce the risk of getting heart disease. Eating grain products with folate before and during pregnancy as part of an overall healthy diet helps prevent neural tube defects. Neural tube defects are birth defects of the brain, spine, or spinal cord. Learn more about grains at MyPlate.gov.

May 2023 KCAL/CHO KIDS:PLUS Snacks + Special Days

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4 STAR WARS DAY!	Friday, May 5 Cinco De Mayo
Goldfish Cinnamon Graham 120/19 w/ Milk 110/19	Goldfish 100/14 w/ 6oz 100% Juice 90/22	Chocolate Chip Muffin 110/14 Blueberry Muffin 80/12	Educational Cookies 120/22 w/ Fresh Fruit	Cinnamon Bug Bites Grahams 120/21 w/ 6oz 100% Juice 90/22
Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
Breakfast: Muffin, Fresh Fruit, & Milk Lunch: Turkey & Cheese Cracker Kit Baby Carrots w/Ranch Applesauce Cup Milk Snack: Giant Goldfish Cinnamon Graham w/Milk	Doritos 130/20 w/ 6oz 100% Juice 90/22	Chocolate Chip Muffin 110/14 Blueberry Muffin 80/12	Educational Cookies 120/22 w/ Fresh Fruit	Cinnamon Bug Bites Grahams 120/21 w/ 6oz 100% Juice 90/22
Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
Goldfish Cinnamon Graham 120/19 w/ Milk 110/19	Goldfish 100/14 w/ 6oz 100% Juice 90/22	Cereal Bar 150/30 w/ Milk 110/19	Educational Cookies 120/22 w/ Fresh Fruit	Cheez-Its 100/14 w/ 6oz 100% Juice 90/22
Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
Goldfish Cinnamon Graham 120/19 w/ Milk 110/19	Goldfish 100/14 w/ 6oz 100% Juice 90/22	Chocolate Chip Muffin 110/14 Blueberry Muffin 80/12	Educational Cookies 120/22 w/ Fresh Fruit	Cinnamon Bug Bites Grahams 120/21 w/ 6oz 100% Juice 90/22
Monday, May 29	Tuesday, May 30	Wednesday, May 31		
	Doritos 130/20 w/ 6oz 100% Juice 90/22	Chocolate Chip Muffin 110/14 Blueberry Muffin 80/12		

Cabarrus County Schools



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