

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](https://www.myplate.gov).

May 2023 Gluten Free Menu

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4 STAR WARS DAY!	Friday, May 5 Cinco De Mayo
Entrée: Popcorn Chicken Vegetables: Mashed Potatoes Steamed Corn Fruit: Frozen Fruit Cup Fresh Fruit	Entrée: Cheese Pizza Vegetables: Green Beans Mixed Cali Veggies Fruit: Fruit Juice Gels Fresh Fruit	Entrée: Grilled Chicken Salad Vegetables: Steamed Broccoli Glazed Carrots Fruit: Tangerine Dragon Froot Jooce Fresh Fruit	Entrée: "Han" Burgers Vegetables: Vader Taters Fresh Veggie Cup May the Fruit be with you Cool Tropics Slushie Local Strawberries	 Entrée: Loaded Nachos Vegetables: Black Beans Fajita Veggies Fruit: Craisins Blueberry Snack Pack
Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
	Entrée: Loaded Nachos Vegetables: Black Beans Steamed Corn Fruit: Fruit Juice Gels Fresh Fruit	Entrée: Corn Dog Vegetables: Sweet Potato Fluff Green Beans Fruit: Frozen Fruit Cups Fresh Fruit	Entrée: Grilled Chicken Sandwich Vegetables: Steamed Broccoli Baby Carrot Snack Packs Fruit: Fruit Juice Gels Local Strawberries	Entrée: Pepperoni Pizza Vegetables: Potato Smiles Fresh Cucumber Cup Fruit: Froot Jooce Blueberry Snack Pack
Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
Entrée: Mac & Cheese w/Roll Vegetables: Fresh Broccoli Cup Steamed Carrots Fruit: Craisins Fresh Fruit	Entrée: Loaded Nachos Vegetables: Black Beans Steamed Corn Fruit: Fruit Juice Gels Fresh Fruit	Entrée: Grilled Chicken Sandwich Vegetables: Baby Carrots Tater Tots Fruit: Frozen Fruit Cup Fresh Fruit	Entrée: BBQ Pulled Pork Sandwich Vegetables: Cole Slaw Green Beans Fruit: Applesauce Local Strawberries	Entrée: Cheese Pizza Vegetables: Potato Smiles Fresh Veggie Cup Fruit: Froot Jooce Blueberries
Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
Entrée: Popcorn Chicken Vegetables: Mashed Potatoes Steamed Corn Fruit: Frozen Fruit Cup Fresh Fruit	Entrée: Loaded Nachos Vegetables: Black Beans Steamed Carrots Fruit: Fruit Juice Gels Fresh Fruit	Entrée: Hamburger/Cheeseburgers Vegetables: Tater Tots Mixed Cali Veggies Fruit: Applesauce Cup Fresh Fruit	Entrée: Grilled Chicken Salad Vegetables: Steamed Broccoli Glazed Carrots Fruit: Tangerine Dragon Froot Jooce Fresh Fruit	Entrée: Cheese Pizza Vegetables: Green Beans Fresh Veggie Cup Fruit: Craisins Fresh Fruit
Monday, May 29	Tuesday, May 30	Wednesday, May 31		
	Entrée: Loaded Nachos Vegetables: Black Beans Steamed Corn Fruit: Fruit Juice Gels Fresh Fruit	Entrée: Corn Dog Vegetables: Sweet Potato Fluff Baby Carrots Fruit: Frozen Fruit Cups Fresh Fruit		

Cabarrus County Schools



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