

## 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 Lunch Menu—High School

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4 STAR WARS DAY!	Friday, May 5 Cinco De Mayo
<p><b>Entrée:</b> Popcorn Chicken Bowl w/Roll Corn dog</p> <p><b>Vegetables:</b> Mashed Potatoes Steamed Corn</p> <p><b>Fruit:</b> Frozen Fruit Cup Fresh Fruit</p>	<p><b>Entrée:</b> Pepperoni Pizza Cheese Pizza</p> <p><b>Vegetables:</b> Green Beans Mixed Cali Veggies</p> <p><b>Fruit:</b> Fruit Juice Gels Fresh Fruit</p>	<p><b>Entrée:</b> Mandarin Orange Chicken w/Rice Chicken &amp; Vegetable Dumplings</p> <p><b>Vegetables:</b> Steamed Broccoli Glazed Carrots</p> <p><b>Fruit:</b> Tangerine Dragon Froot Jooce Fresh Fruit</p>	<p><b>Entrée:</b> “Han” Burgers Chewbacca’s Chicken Nuggets w/Roll</p> <p><b>Vegetables:</b> Vader Taters Fresh Veggie Cup</p> <p><b>May the Fruit be with you</b> Paradise Punch Slushie <b>Local Strawberries</b></p>	<p><b>Entrée:</b> Walking Taco Chicken Pizza Quesadilla</p> <p><b>Vegetables:</b> Black Beans Fajita Veggies</p> <p><b>Fruit:</b> Paradise Punch Slushie <b>Blueberry Snack Pack</b></p>
Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
	<p><b>Entrée:</b> Walking Taco Mini Corn Dogs</p> <p><b>Vegetables:</b> Black Beans Steamed Corn</p> <p><b>Fruit:</b> Fruit Juice Gels Fresh Fruit</p>	<p><b>Entrée:</b> Oven Fried Chicken w/Biscuit Cheese Dippers w/Marinara</p> <p><b>Vegetables:</b> Sweet Potato Fluff Green Beans</p> <p><b>Fruit:</b> Frozen Fruit Cups Fresh Fruit</p>	<p><b>Entrée:</b> Manager’s Choice Entrée</p> <p><b>Vegetables:</b> Manager’s Choice Veggie <b>Baby Carrot Snack Packs</b></p> <p><b>Fruit:</b> Fruit Juice Gels <b>Local Strawberries</b></p>	<p><b>Entrée:</b> Pepperoni or Cheese Pizza Fish Sandwich</p> <p><b>Vegetables:</b> Sweet Potato Fries Fresh Cucumber Cup</p> <p><b>Fruit:</b> Froot Jooce <b>Blueberry Snack Pack</b></p>
Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
<p><b>Entrée:</b> Mac &amp; Cheese w/Roll Grilled Cheese</p> <p><b>Vegetables:</b> Fresh Broccoli Cup Steamed Carrots</p> <p><b>Fruit:</b> Craisins Fresh Fruit</p>	<p><b>Entrée:</b> Walking Taco Chicken Pizza Quesadilla</p> <p><b>Vegetables:</b> Black Beans Steamed Corn</p> <p><b>Fruit:</b> Fruit Juice Gels Fresh Fruit</p>	<p><b>Entrée:</b> Chicken Fillet Sandwich Pepperoni &amp; Cheese Calzone</p> <p><b>Vegetables:</b> Baby Carrots Potato Wedges</p> <p><b>Fruit:</b> Frozen Fruit Cup Fresh Fruit</p>	<p><b>Entrée:</b> BBQ Pulled Pork Sandwich Hot Dog</p> <p><b>Vegetables:</b> Cole Slaw Green Beans</p> <p><b>Fruit:</b> Applesauce <b>Local Strawberries</b></p>	<p><b>Entrée:</b> Pepperoni or Cheese Pizza Fish Sandwich</p> <p><b>Vegetables:</b> Sweet Potato Fries Fresh Veggie Cup</p> <p><b>Fruit:</b> Froot Jooce <b>Blueberries</b></p>
Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
<p><b>Entrée:</b> Popcorn Chicken Bowl w/Roll Corn dog</p> <p><b>Vegetables:</b> Mashed Potatoes Steamed Corn</p> <p><b>Fruit:</b> Frozen Fruit Cup Fresh Fruit</p>	<p><b>Entrée:</b> Walking Taco Chicken Pizza Quesadilla</p> <p><b>Vegetables:</b> Black Beans Steamed Carrots</p> <p><b>Fruit:</b> Fruit Juice Gels Fresh Fruit</p>	<p><b>Entrée:</b> Hamburger/Cheeseburgers Chicken Nuggets w/Roll</p> <p><b>Vegetables:</b> Tater Tots Mixed Cali Veggies</p> <p><b>Fruit:</b> Applesauce Cup Fresh Fruit</p>	<p><b>Entrée:</b> Mandarin Orange Chicken w/Rice Chicken &amp; Vegetable Dumplings</p> <p><b>Vegetables:</b> Steamed Broccoli Glazed Carrots</p> <p><b>Fruit:</b> Tangerine Dragon Froot Jooce Fresh Fruit</p>	<p><b>Entrée:</b> Pepperoni or Cheese Pizza Fish Sandwich</p> <p><b>Vegetables:</b> Green Beans Fresh Veggie Cup</p> <p><b>Fruit:</b> Craisins Fresh Fruit</p>
Monday, May 29	Tuesday, May 30	Wednesday, May 31		
	<p><b>Entrée:</b> Walking Taco Mini Corn Dogs</p> <p><b>Vegetables:</b> Black Beans Steamed Corn</p> <p><b>Fruit:</b> Fruit Juice Gels Fresh Fruit</p>	<p><b>Entrée:</b> Oven Fried Chicken w/Biscuit Cheese Dippers w/Marinara</p> <p><b>Vegetables:</b> Sweet Potato Fluff Baby Carrots</p> <p><b>Fruit:</b> Frozen Fruit Cups Fresh Fruit</p>		

Cabarrus County Schools



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<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>