

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.

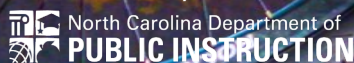
At least half of the grains we eat should be whole grains. Choose whole grain products like whole wheat flour, whole wheat bread, whole grain cereal, etc. For refined grains, look for “enriched” options. Some food products are made from mixtures of whole grains and refined grains. Only foods that are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

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4 STAR WARS DAY!	Friday, May 5 Cinco De Mayo
Breakfast: Cereal Assortment, 100% Fruit Juice, Milk Lunch: Popcorn Chicken, Mashed Potatoes, Frozen Fruit Cup, Milk	Breakfast: Mini French Toast, Applesauce, Milk Lunch: Cheese Pizza, Green Beans, Fruit Juice Gel, Milk	Breakfast: Super Donut, 100% Fruit Juice, Milk Lunch: Mandarin Orange Chicken, Glazed Carrots, Tangerine Dragon Froot Jooce, Milk	Breakfast: Strawberry Cream Cheese Mini Bagel, Fresh Fruit, Milk Lunch: Cheeseburgers, Tater Tots, Local Strawberries , Milk	Breakfast: Sausage Biscuit, Fresh Fruit, Milk Lunch: Chicken Pizza Quesadilla, Steamed Corn, Blueberry Snack Pack , Milk
Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
	Breakfast: Mini Waffles, Applesauce Cup, Milk Lunch: Chicken Pizza Quesadilla, Steamed Corn, Fruit Juice Gels, Milk	Breakfast: Blueberry Bread, 100% Fruit Juice, Milk Lunch: Chicken Nuggets, Sweet Potato Fluff, Frozen Fruit Cup, Milk	Breakfast: Mini French Toast, Fresh Fruit, Milk Lunch: Manager's Choice Entrée, Baby Carrot Snack Packs , Local Strawberries , Milk	Breakfast: Sausage Biscuit, 100% Fruit Juice, Milk Lunch: Cheese Pizza, Potato Smiles, Blueberry Snack Pack , Milk
Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
Breakfast: Cereal Assortment, Fresh Fruit, Milk Lunch: Mac & Cheese, Steamed Carrots, Craisins, Milk	Breakfast: Mini Pancakes, Applesauce, Milk Lunch: Chicken Pizza Quesadilla, Steamed Corn, Fruit Juice Gels, Milk	Breakfast: Chocolate Chip Ultimate Breakfast Round, 100% Fruit Juice, Milk Lunch: Chicken Fillet Sandwich, Potato Wedges, Frozen Fruit Cup, Milk	Breakfast: Mini Waffles, Fresh Fruit, Milk Lunch: Grilled Cheese Sandwich, Green Beans, Local Strawberries , Milk	Breakfast: Sausage Biscuit, 100% Fruit Juice, Milk Lunch: Cheese Pizza, Potato Smiles, Fresh Blueberries , Milk
Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
Breakfast: Cereal Assortment, 100% Fruit Juice, Milk Lunch: Popcorn Chicken, Mashed Potatoes, Frozen Fruit Cup, Milk	Breakfast: Mini French Toast, Applesauce, Milk Lunch: Chicken Pizza Quesadilla, Steamed Corn, Fruit Juice Gels, Milk	Breakfast: Super Donut, 100% Fruit Juice, Milk Lunch: Cheeseburgers, Tater Tots, Applesauce Cup, Milk	Breakfast: Strawberry Cream Cheese Mini Bagel, Fresh Fruit, Milk Lunch: Mandarin Orange Chicken, Glazed Carrots, Fresh Fruit, Milk	Breakfast: Sausage Biscuit, 100% Fruit Juice, Milk Lunch: Cheese Pizza, Green Beans, Fresh Fruit, Milk
Monday, May 29	Tuesday, May 30	Wednesday, May 31		
	Breakfast: Mini Waffles, Applesauce Cup, Milk Lunch: Chicken Pizza Quesadilla, Steamed Corn, Fruit Juice Gels, Milk	Breakfast: Blueberry Bread, 100% Fruit Juice, Milk Lunch: Chicken Nuggets, Sweet Potato Fluff, Frozen Fruit Cup, Milk		

Cabarrus County Schools



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