

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.

Middle School Grab & Go Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>GRAB & GO HOT</u>	<u>GRAB & GO HOT</u>	<u>GRAB & GO HOT</u>	<u>GRAB & GO HOT</u>	<u>GRAB & GO HOT</u>
Chicken Fillet Sandwich Spicy Chicken Fillet Sandwich	Cheese Dippers w/Marinara	Chicken Tenders w/Roll	Beacon Street Café Stuffed Sticks w/Marinara	Hamburger Cheeseburger
<u>SPOTLIGHT SALADS</u>	<u>SPOTLIGHT SALADS</u>	<u>SPOTLIGHT SALADS</u>	<u>SPOTLIGHT SALADS</u>	<u>SPOTLIGHT SALADS</u>
Popcorn Chicken or Chicken Tender Salad	Fiesta Chicken Salad	Large Garden Salad	Manager’s Choice Salad	Grilled Chicken Caesar Salad
<u>VEGGIES</u>	<u>VEGGIES</u>	<u>VEGGIES</u>	<u>VEGGIES</u>	<u>VEGGIES</u>
Potato Wedges or Potato Rounds Fresh Broccoli Cup w/Ranch	Potato Wedges Black Beans	Potato Wedges or Tater Tots Baby Carrots w/Ranch	Potato Wedges Fresh Cucumber Cup w/Ranch	Potato Wedges or Potato Smiles Fresh Veggie Cup w/Ranch
<u>FRUIT</u> Same as Main Line	<u>FRUIT</u> Same as Main Line	<u>FRUIT</u> Same as Main Line	<u>FRUIT</u> Same as Main Line	<u>FRUIT</u> Same as Main Line