



School Nutrition

NUTRITION EDUCATION

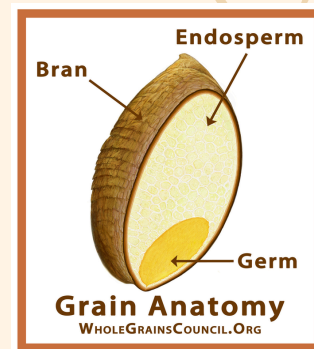
WHOLE GRAIN RICH FOODS SERVED IN MG MEALS

As a participant of the USDA National School Lunch Program and School Breakfast Program, it is required for us to serve mostly whole grain-rich (WGR) food items in our school meals. All WGR products must contain 50% or more whole grain ingredients. This includes all breakfast grains, breads/buns/rolls, pasta, and rice, we serve to our students.



What is a Whole Grain?

A whole grain contains all 3 parts of the cereal grain seed or kernel. This includes the bran, germ, and endosperm. Whole Grains provide the most nutrients.



Nutrients

Whole Grains provide macronutrients **-like carbohydrates and protein-**, dietary fiber, vitamins & minerals, and satiety (feeling of fullness) that support growing children, and adults.

Refined grains remove the bran & germ, and do not contain the same amount of nutrients.

Examples of Whole Grains:

whole wheat flour, whole-white wheat flour, "rolled" oats, bulgur, brown rice, wild rice, quinoa, millet, teff, buckwheat, barley, popcorn, whole cornmeal, corn masa/harina, sorghum & more!