

Cafeteria Connection

Connecting you to your child's school lunchroom



THE POWER OF Whole Grains in School Meals

As school nutrition professionals, we are committed to providing your children with **nutritious and delicious meals that fuels their learning**. Whole grains play an important role in this commitment, offering many health benefits for our growing students.

WHY WHOLE GRAINS?

Whole grains are nutritional powerhouses. Packed with fiber, vitamins, and minerals, they provide sustained energy – something students need to stay focused and engaged throughout the school day. From breakfast to lunch, integrating whole grains into our menu is a priority.

MEETING CURRENT STANDARDS WITH VARIETY

You'll be happy to know that our school meals meet the latest standards for whole grains. **The USDA requires that at least half of the grains served in school meals be whole grain-rich.** This ensures that your child gets the nutritional benefits without compromising on taste. Our menu features an assortment of whole grain-rich options, from whole grain bagels and cereals at breakfast to whole grain bread and pasta at lunch. **We understand the importance of variety to keep things exciting, ensuring students enjoy every bite.**

SUPPORTING ACADEMIC SUCCESS

Why does it matter? Whole grains contribute to academic success. They provide a steady release of energy, promoting concentration, and cognitive function. ***It's not just about meeting requirements; it's about giving our students the best chance to excel.***

YOUR SUPPORT MATTERS

By supporting whole grains in school meals, you're actively contributing to your child's well-being and academic achievements. Plus, it's a win-win – ***promoting healthy habits early on and ensuring our kids thrive both inside and outside the classroom.***