

# 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.***