Whole Grains Make School Meals Wholesome

Now that all grains at school meals are whole-grain rich, what does that mean for your kids eating school breakfast and lunch?

Every school breakfast and lunch includes *at least * * **one serving of whole grains**
More servings are offered in middle and high schools.

One Serving Is...
1 ounce ready-to-eat whole-grain cereal
½ cup cooked oatmeal
1 whole-grain bagel
½ cup brown rice
½ cup whole-grain pasta
1 slice whole-grain bread

Each school meal serves up whole-grain goodness, which provides kids with fiber, important vitamins and minerals, and healthy carbohydrates to help fuel them through their school day.

More importantly, these are whole-grain foods and recipes that students actually prefer!

Whole Grains Made To Taste Great in School Meals

Did you know? Aramark has a team of chefs and registered dietitians who work together to develop meals that are nutritious, as well as trendy, taste-tested, and student-approved.

So, what's on the menu?

Popular, restaurant style items like:
- Mexican Lasagna (made with whole-grain tortillas)
- Crispy Srirachan Burger (served on a whole-grain bun)
- Sweet & Spicy Pizza (made with whole-grain crust)

Shhhh.....
Secret ingredient: White Whole-Wheat Flour

White whole-wheat flour is a whole grain but has a mild taste and a light color. It's used to make menu items, like pizza crust and baked goods, whole-grain rich.

These foods are then MORE likely to be chosen and eaten by students compared to similar recipes using 100% whole-wheat flour.

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Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about a diet and exercise plan that's right for you. **visit myhealthyforlife.com**

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