

# [Insert Public School Unit] Breakfast Menus for May 2023

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| May 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| May 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 10 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| May 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 17 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| May 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 24 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| May 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 31 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |  |  |

## Nutrition Byte

### What about Wheat?

Did you know U.S. wheat farmers grow enough wheat to produce 146 billion loaves of bread annually? U.S. wheat farmers produce an average of more than 2 billion bushels of wheat per year. North Carolina farmers grow 400,000-500,000 acres of wheat annually to be milled into flour and used as livestock feed.

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 to fuel our bodies and brains. Eating grains, especially whole grains, provides a variety of health benefits. **Nutrilink:** Learn more about grains at [MyPlate.gov](https://myplate.gov).



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