



# Nutrition Newsletter

## Welcome Back!

It's hard to believe summer is over and the school year is back in full swing! The Food and Nutrition staff started their year with a motivational and educational day of training at a School Nutrition In-service in August. We are looking forward to a great year with our returning students and new!

## September is Whole Grains Month!

**What is a Whole Grain?** Whole grains contain the entire grain kernel, while processing removes the nutrient-rich bran (the outer part) and germ (inner part) from refined grains (see image below). This makes whole grains better sources of fiber and other important nutrients, such as B vitamins, iron, folate, selenium, potassium and magnesium!

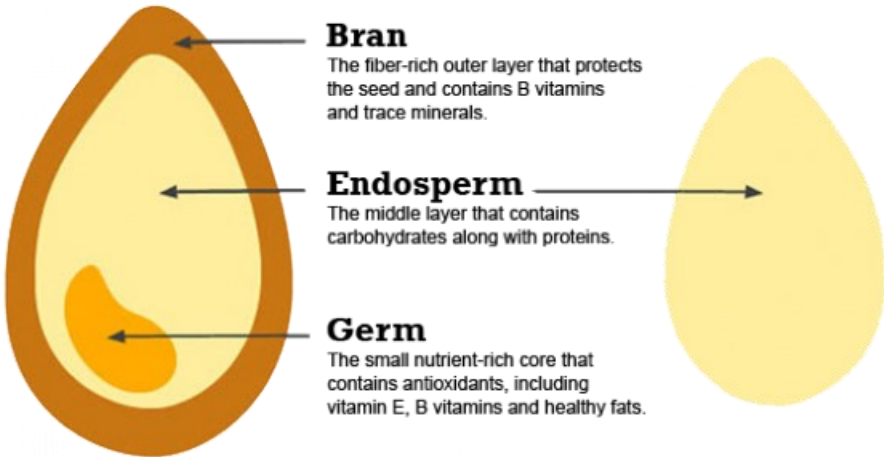
**Flexibilities with the Whole Grain Requirement.** In previous years, all grains credited in the School Meal Patterns were required to be whole grain rich. New this year, only 50% of grains served must be whole grain. It's up to each school nutrition department whether or not they will participate in the flexibility.

**What Does This Mean for Us?** One of the goals of Baldwin-Woodville Nutrition Services is to provide healthy and nutritious meals to students. We will continue to serve all grains as 100% whole grains in order to ensure your student is receiving optimum nutrients with every meal!

- In this Issue:**
- ◆ Welcome Back
  - ◆ September Focus
  - ◆ Menu Prices
  - ◆ Nutrition Tip
  - ◆ Contact Me



## Whole Grain vs. "White" Grain



### Meal Prices:

- Breakfast: \$1.90 (K-12th)  
                  \$2.50 (Adult)
- Lunch: \$2.35 (K-5th)  
          \$2.55 (6th-12th)  
          \$3.80 (Adult)

### FREE/REDUCED MEALS:

- FREE or \$.30 for Breakfast
- FREE or \$.40 for Lunch
- Fill out an application on Skyward Family Access or find the printable application on the District Food Service website. Any questions, contact Joni @ 715-684-3411 x 1103

### Nutrition Tip:

Aim to make at least half your daily grains Whole Grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label.

Reference: USDA MyPlate

### We Want to Hear from YOU!

We strive to meet the preferences of our students and community. What are YOUR thoughts on the whole grain flexibilities in School Nutrition?

Let us know by using the Comment/Suggestion link on Food Service section of the District website! Or send me an email at [gjohnson@bwsd.k12.wi.us](mailto:gjohnson@bwsd.k12.wi.us)

