



Whole Grains That Kids Will Eat

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April 22, 2009



EAT



LEARN



LIVE



Chartwells School Dining Services

Environments is an experience that encourages students to make Balanced Choices in the cafeteria, classroom, or at home: wherever they EAT.LEARN.LIVE.



EAT: Cafeteria

LEARN: Classroom

LIVE: Home/Community

Whole Grains Success



Great food and presentation



Familiarity



Menu Marketing



Education



Promotion





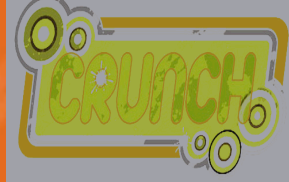
Favorite Comfort Foods & International Flavors Served Your Way In a Portable Bowl



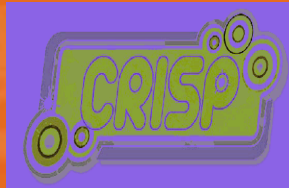
Classic Cheese Pizza and other favorites in a whole wheat crust



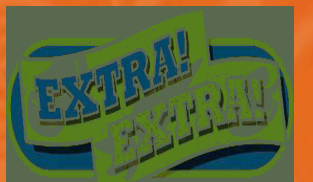
Hot sandwiches served on a whole wheat buns



Delicious Hot Sandwiches, Quesadillas, Burritos & Wraps



Cold Sandwiches & Salads Made Fresh Your Way



Unlimited Cold Fruit & Vegetable Bar Offered Daily

Today's Lunch Menu



**North African Chicken with 7 Vegetables
Brown Rice and Whole Wheat Pita**

Citrus Teriyaki Whole Wheat Noodles with Roast Beef

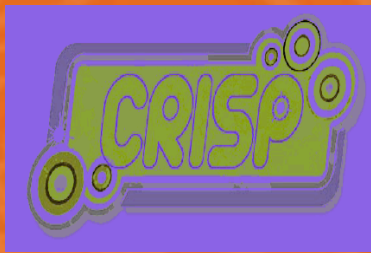
Today's Lunch Menu



Triple Decker Bean Tostados on Corn Tortilla

**Jalapeno Turkey Burger Sliders with
Southwest Mayo**

Today's Lunch Menu



Oriental Chicken Slaw Wrap on Whole Wheat Tortilla

**Toasted Whole Wheat Bagel Chips
with Hummus and Fresh Veggies**

Today's Lunch Menu



Crunchy Spinach Salad
Southwest corn and black bean salad
Fresh fruit and veggies

Familiarity



Menu Marketing

Anytown Distict Elementary Lunch Menu September 2009

Our Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, super-nutrition meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal

This month's featured menu items made w/ locally grown produce are offered on September 4th, 9th, 10th, 15th, 21st, 23rd & 28th.

Part of making healthy diet choices means making $\frac{1}{2}$ of your grains whole. School lunch is a great opportunity to meet your daily whole grain requirements! Look for this symbol in the cafeteria to help you identify whole grain foods.

<p>A La Carte Beverage Offerings:</p> <p>4 oz. juice \$0.50 8 oz. juice \$0.75 8 oz. water \$0.50 8.25 oz. soy milk \$1.75</p>	<p> Whole Wheat Pancakes</p> <p>Scrambled Eggs & Turkey Sausage</p> <p>Warm Peach Topping</p> <p><u>Fruit/Veggie Bar Offerings</u> Fresh Orange Wedges Celery Sticks Chilled Mixed Up Fruit Fresh Crisp Apples</p>	<p> Chicken Fajitas <i>Made w/ White Meat Chicken</i></p> <p>Golden Seasoned Corn</p> <p>Savory Fresh Homemade Southwest Salsa</p> <p><u>Fruit/Veggie Bar Offerings</u> Cucumber Citrus Salad Baby Carrots Chilled Mandarin Oranges Pelle Bananas</p>	<p> Whole Grain Cheese Ravioli <i>w/ homemade marinara sauce & garnished w/ shredded part skim mozzarella cheese</i></p> <p>Steamed Winter Vegetable Blend</p> <p><u>Fruit/Veggie Bar Offerings</u> Crisp Green Garden Salad Pineapple Chunks Grapefruit Wedges Broccoli "Trees" & Baby Carrots</p>	<p> Barbecued Chicken Sandwich <i>Diced White Meat Chicken in Homemade Honey BBQ Sauce served in a Whole Wheat Bun</i></p> <p>Boston Baked Beans</p> <p><u>Fruit/Veggie Bar Offerings</u> Carrot Sticks & Bell Pepper Strips Fresh Lunch Bunch Grapes Locally Grown Cabbage Fresh Homemade Cole Slaw Chilled Applesauce</p>
<p>LABOR DAY SCHOOL CLOSED</p>	<p> BAKED POTATO BAR <i>Toppings offered include: diced lean ham, vegetable chili, homemade cheese sauce, chopped broccoli, shredded carrot, Smart Balance Buttery Spread</i></p> <p> Whole Wheat Rolls</p> <p><u>Fruit/Veggie Bar Offerings</u> Crunchy Spinach Salad Fresh Orange Slices Broccoli "Trees" & Baby Carrots Chilled Pineapples</p>	<p> Elbow Macaroni w/ Beef & Tomatoes <i>Italian seasoned lean ground beef, tomatoes, and spaghetti sauce macaroni offered w/ crispy garlic toast</i></p> <p>Golden Seasoned Corn</p> <p><u>Fruit/Veggie Bar Offerings</u> Baby Carrots Marinated Tomato & Cucumber Salad Fresh Cut Local Peas Chilled Mixed Up Fruit</p>	<p> Carved Roast Turkey <i>w/ homemade gravy & fresh sliced whole wheat bread</i></p> <p> Locally Grown Orange Glazed Sweet Potatoes Homemade Cranberry Sauce</p> <p>Seasoned Green Beans</p> <p><u>Fruit/Veggie Bar Offerings</u> Crisp Green Garden Salad Fresh Tangerines Cinnamon Applesauce Three Bean Salad</p>	<p> Enchilada Pie <i>Oven Baked Southwest Style Lasagna made w/ White Meat Chicken Layered w/ Natural Cheddar, Whole Corn Tortillas, and Savory Tomato Salsa</i></p> <p>Fresh Baked Cinnamon Breadstick Made w/ Whole Wheat</p> <p><u>Fruit/Veggie Bar Offerings</u> Bell Pepper Strips & Carrot Sticks Sweet Corn Salad Chilled Peaches Fresh Apple Slices</p>
<p> Chicken Twisters <i>Made to order whole grain wraps w/ choice of warm unbreaded grilled or crispy whole grain breaded white meat chicken, crisp cool greens, and homemade ancho BBQ or ranch sauce</i></p> <p><u>Fruit/Veggie Bar Offerings</u> Crisp Green Salad Fresh Orange Wedges Cinnamon Sweet Applesauce Broccoli "Trees"</p>	<p> Barilla PLUS Multigrain Penne w/ Homemade Italian Turkey Meat Sauce</p> <p> Whole Wheat Roll</p> <p>Fresh Steamed Broccoli</p> <p><u>Fruit/Veggie Bar Offerings</u> Fresh Local Cranberry Pear Fruit Salad Chilled Peaches Fresh Cut Zucchini Slices Fresh Crisp Apples</p>	<p> Fish Tacos <i>Twin Crisp Whole Grain Corn Shells, Baked Breaded Sustainable Pollock Sticks, Shredded Natural Cheddar, and Fresh Homemade Southwest Salsa OR</i></p> <p> Baked Breaded Fish Sticks <i>w/ Whole Grain Roll</i></p> <p><u>Fruit/Veggie Bar Offerings</u> Shredded Romaine & Diced Tomatoes Sweet Chewy Raisins Baby Carrots</p>	<p> Sloppy Joe Sydes <i>Mildly BBQ seasoned meat on mini whole grain rolls</i></p> <p>Seasoned Sweet Peas</p> <p><u>Fruit/Veggie Bar Offerings</u> Fresh Cut Fresh Melon Cubes Celery Sticks Cool Vanilla Mint Pineapples Crunchy Spinach Salad</p>	<p> Flame Broiled Hamburger <i>on a Whole Wheat Bun offered w/ our homemade special sauce sandwich spread</i></p> <p>Seasoned Baked Potato Wedges</p> <p><u>Fruit/Veggie Bar Offerings</u> Carrot Sticks & Bell Pepper Strips Chilled Applesauce Fresh Clementine Romaine Lettuce & Sliced Tomato</p>
<p> Cheesy Macaroni <i>Made w/ Barilla PLUS</i></p> <p>Fresh Winter Blend Vegetable Medley</p> <p><u>Fruit/Veggie Bar Offerings</u> Fresh Romaine Lettuce & Sliced Tomato Pineapple Chunks Fresh Orange Slices Locally Grown Cabbage Fresh Homemade Cole Slaw</p>	<p>September Food & Culture - China Celebration!</p> <p> Chinese Chicken w/ Pineapple w/ Brown Veggie Rice & Fortune Cookie</p> <p>Steamed Oriental Blend Veggies Fresh Snow Peas Food Tasting</p> <p><u>Fruit/Veggie Bar Offerings</u> Fresh Crisp Apples Chilled Mandarin Oranges Sweet N Sour Celery Crisp Green Salad</p>	<p> SOUTHWEST SALAD <i>Fresh Crisp Greens & Veggies, Topped w/ Vegetable Chili and offered w/ Whole Grain Spicy Lime Tortilla Chips and Homemade Ranch Dressing or Salsa</i></p> <p> Warm Pear Crisp <i>made w/ local fruit</i></p> <p><u>Fruit/Veggie Bar Offerings</u> Baby Carrots Cucumber Coins Chilled Pineapples Pelle Bananas</p>	<p> Home Herb Seasoned Oven Roasted Chicken w/ Whole Wheat Roll</p> <p>Golden Corn</p> <p><u>Fruit/Veggie Bar Offerings</u> Crisp Green Salad Grapefruit Wedges Fresh Veggie Pasta Salad Chilled Peaches</p>	<p> Cheesy Red Tomato Rotini w/ Barilla PLUS</p> <p>Steamed Seasonal Winter Blend Vegetable Medley</p> <p><u>Fruit/Veggie Bar Offerings</u> Bell Pepper Strips & Carrot Sticks Sunshine Apricot Applesauce Blend Sweet Chewy Raisins Crunchy Spinach Salad</p>
<p> Veggie Burger on a Whole Wheat Bun</p> <p>Baked Potato Wedges</p> <p><u>Fruit/Veggie Bar Offerings</u> Fresh Romaine Lettuce & Sliced Tomato Sunshine Apricot Applesauce Blend Fresh Cut Local Cinnamon Peas Mixed Fresh Veggie Cruddle Cup</p>	<p> Baked Whole Grain French Toast Sticks</p> <p>Cheesy Scrambled Eggs</p> <p><u>Fruit/Veggie Bar Offerings</u> Fresh Romaine Lettuce & Sliced Tomato Pelle Bananas Sweet Chewy Raisins Chilled Tropical Fruit Salad</p>	<p> Barilla PLUS Multigrain Spaghetti w/ Homemade Saucy Italian Beef & Turkey Meatballs a Whole Wheat Roll</p> <p>Seasoned Green Beans</p> <p><u>Fruit/Veggie Bar Offerings</u> Carrot Sticks & Bell Pepper Strips Chilled Mixed Up Fruit Crunchy Spinach Salad Fresh Orange Wedges</p>	<p>MEALS ARE OFFERED W/ CHOICE OF ENTRÉE. UNLIMITED SERVINGS OF FRUITS, VEGETABLES, SALAD MADE WITH FRESH ROMAINE, AND SKIM OR LOW FAT MILK. Enjoy our homemade dressings and dips offered at our fresh fruit/veggie bars!</p> <p>ALL of our offerings contain ZERO GRAMS OF TRANS FATS per serving.</p> <p> Low Fat Dressing and Dip Available Daily for Fresh Salads and Fresh Cut Vegetables</p> <p>Fresh Crisp Green Side Salad Made w/ Romaine Available Daily as Additional Vegetable Choice</p> <p>Fruits are Fresh, All Natural Dried, or Canned in 100% Fruit Juice (no syrup)</p>	



Alternate Lunches

- Daily: Peanut Butter & Spreadable Fruit Sandwich on Whole Wheat, Veggie Burger on a Whole Wheat Bun
- Mondays: Grilled Chicken Sandwich on a Roll, Chicken Caesar Salad w/ Crackers
- Tuesdays: Warm Pizza Dunks, Beigel Yogurt & String Cheese Fun Lunch, Chef Salad w/ Crackers
- Wednesdays: Hot Ham & Cheese Bagel Melt, Cottage Cheese & Fruit Plate w/ Crackers
- Thursdays: White Meat Chicken Nuggets w/ Roll, Crunchy Chicken Spinach Salad w/ Crackers
- Fridays: Cheese Pizza, Tuna on Whole Wheat, Crisp Green Salad w/ Sliced Tomato and Mozzarella Cheese, Crackers



Classroom Education

Chartwells
Eat · Learn · Live

Chartwells Home

LOWER ELEMENTARY SCHOOL
Material Downloads

- Breakfast Lessons
- Food & Cultures Lessons

UPPER ELEMENTARY SCHOOL
Material Downloads

- Breakfast Lessons
- Food & Cultures Lessons

MIDDLE SCHOOL
Material Downloads

- Breakfast Lessons
- Food & Cultures Lessons

HIGH SCHOOL
Material Downloads

- Breakfast Lessons
- Food & Cultures Lessons

This is a proprietary Chartwells program. These nutrition lessons should be used at Chartwells School locations only.

Chartwells brings fresh ideas and innovative concepts to school dining services. Our



e·bites...

encouraging healthy lifestyles for families!

Chartwells
Eat · Learn · Live



Issue 4

Make Half Your Grains Whole!

What exactly is a grain?

A grain is any food made from wheat, rice, oats, cornmeal, barley or another cereal grain. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of common grain products we eat everyday.



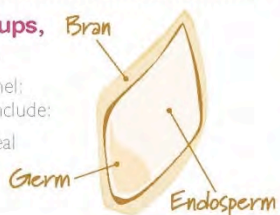
Key Nutrients:

- ✓ Dietary Fiber
- ✓ Several B vitamins (thiamin, riboflavin, niacin, and folate)
- ✓ Minerals (iron, magnesium, and selenium)

Grains are divided into 2 subgroups, **whole grains** and **refined grains**.

Whole grains contain the entire grain kernel: the bran, germ, and endosperm. Examples include:

- whole-wheat flour
- bulgur (cracked wheat)
- whole cornmeal
- brown rice
- oatmeal



Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are:

- white flour
- white bread
- degermed cornmeal
- white rice

Why is everyone talking about WHOLE grains?

Eating whole grains as part of a healthy diet may reduce the risk of some chronic diseases, such as heart disease. Whole grains retain important nutrients so you can see why it's important to choose them whenever possible. The earlier you start eating whole grains, the greater the health benefits you'll have over time.

Tip of the Day

Just because bread is brown doesn't mean that it's whole grain. Search the ingredient list to make sure the first word is "whole" (like "whole wheat").

Sign up for e·bites!

If you're viewing this newsletter from a school website and would like to receive it via email, please visit www.eatlearnlive.com to sign up for future issues.



Whole Grain Shopping Tips

- Look for the word "whole" listed on the ingredient label.
- Almost all oat products are whole grain, even if the word "whole" is not used.
- Look for the words "whole grain" in large letters on the package.

Add Whole Grains to Your Daily Diet

- Choose whole grain breads, tortillas, bagels, rolls and cereals.
- Enjoy snacks such as whole grain crackers, brown rice cakes or pop plain pop-corn.
- Try a whole grain side dish using brown or wild rice, kasha, bulgur or pearl barley.

Parent Education

Promotion

