

September is whole grains month!

Whole grains in our school

- All of the bread & cereal products served in our kitchens are made with whole grains
- The USDA recommends that children consume at least 2-3 servings of whole grains; eating whole grains instead of refined grains reduces the risk of many chronic diseases
- Whole grains contain protein, fiber, iron, magnesium, and many other nutrients that support good health



WHOLE GRAIN PRODUCTS IN OUR KITCHENS

- Rolls
- Pastas
- Sun Chips
- Breads
- & many more!!



CALLING ALL MILK CHAMPIONS...LET'S CELEBRATE!
SEPTEMBER 28TH IS WORLD SCHOOL MILK DAY!

FARM → SCHOOL

Locally grown Georgia produce for the month of September!

- Apples-Mercier Orchards Blue Ridge, GA
- Bell Peppers-Osage Farms Rabun Gap, GA
- Cabbage-Osage Farms Rabun Gap, GA
- Corn-Herndon Farms Lyons, GA
- Cucumbers-Southern Valley Norman Park, GA
- Squash-Osage Farms Rabun Gap, GA



Several schools are starting school gardens and need your help. If you would like to help or donate tools, supplies etc., please contact Nicole Trunk, 678-425-2846 or Nicole.trunk@barrow.k12.ga.us

This institution is an equal opportunity provider.