

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey Sausage and Cheese Biscuit Or Honey Nut Cheerios String Cheese Apple Slices and Grape Juice	4 Cheesy Sausage & Egg Breakfast Burrito Or Coco Puffs Cereal String Cheese Sliced Orange and Fruit Blend Juice	5 Chicken Sausage English Muffin Sandwich Or Honey Nut Cheerios String Cheese Applesauce and Orange Juice	6 Strawberry Yogurt Parfait Or Coco Puffs Cereal String Cheese Banana and Fruit Blend Juice	7 Caramel Cini Mini Roll Or Honey Nut Cheerios String Cheese Orange Craisin and Apple Juice
10 Turkey Sausage Egg and Cheese English Muffin Melt Or Honey Nut Cheerios String Cheese Apple Slices and Grape Juice	11 Turkey Sausage and Cheese Bagel Melt Or Coco Puffs Cereal String Cheese Sliced Orange and Fruit Blend Juice	12 Powdered Sugar Donut Or Honey Nut Cheerios String Cheese Applesauce and Orange Juice	13 Cheesy Egg Breakfast Burger Or Coco Puffs Cereal String Cheese Banana and Fruit Blend Juice	14 Apple Frudel Or Honey Nut Cheerios String Cheese Craisins and Apple Juice
17 Lemon Breakfast Bread Or Honey Nut Cheerios String Cheese Apple Slices and Grape Juice	18 Egg and Cheese Flatbread Melt Or Coco Puffs Cereal String Cheese Fruit Blend Juice and Orange	19 Chicken Paty Biscuit Sandwich Or Honey Nut Cheerios String Cheese Applesauce and Orange Juice	20 Strawberry Puff Pancakes Or Coco Puffs Cereal String Cheese Banana and Fruit Blend Juice	21 Egg and Turkey Chorizo Taco Or Honey Nut Cheerios String Cheese Craisin and Apple Juice
24 Cinnamon Raisin Bagel W/ Jelly or Cream Cheese Or Honey Nut Cherrios String Cheese Apple Slices and Grape Juice	25 Turkey Bacon, Egg, and Cheese English Muffin Or Trix Cereal String Cheese Raisins and Fruit Blend Juice	26 Egg and Cheese Croissant Or Lucky Charms Cereal String Cheese Orange Juice and Strawberry Applesauce	27 Chicken Ham and Egg and Cheese and Syrup Sandwich Or Coco Puffs Cereal String Cheese Banana and Fruit Blend Juice	28 Yogurt Parfait Banana Split W/Strawberries and Coco Puffs Cereal Sprinkle Or Coco Puffs Cereal String Cheese Craisins and Apple Juice
31 Strawberry Cream Cheese Bagel Or Fruit Loops Cereal Apple Slices and Grape Juice				

GOTTA GO WITH THE GRAIN!

WHOLE GRAINS ARE HEARTY AND HEALTHY

Whole grains provide fiber for digestion, vitamins for energy and minerals for growth, support overall development and reduce risks for diseases. They keep kids feeling full longer and support a healthy nervous system, making them crucial for growing minds AND bodies!

NO-BAKE OATMEAL ENERGY BALLS

PREP TIME: 20 minutes

SERVINGS: 17

YIELD: 35 balls

INGREDIENTS:

- 2 cups rolled oats
- 1 cup natural peanut butter/other nut butter
- ½ cup honey or maple syrup
- ¼ cup mini chocolate chips or raisins
- ¼ cup unsweetened shredded coconut
- ¼ cup cinnamon

INSTRUCTIONS:

1. Combine oats, peanut butter/nut butter, honey or maple syrup, chocolate chips or dried fruit, cinnamon and coconut in a medium bowl.
2. Stir well to combine.
3. Using a 1-tablespoon measure, roll the mixture into uniform balls.
4. Place on a cookie sheet and refrigerate 10 minutes.
5. Enjoy! Feel free to include nuts, dark chocolate, other dried fruits—get creative!

WHOLE GRAIN'S THE WORD

SEARCH FOR THE HIDDEN WORDS BELOW!

BARLEY MILLET OATMEAL CEREAL WILD RICE
FARRO QUINOA POPCORN PASTA BULGUR

V B A R L E Y R A Y Q C A L W S
T O U E L R O A X B U L G U R D
C A B C S Q H N P E G J O Y W N
E T Y A H V U M U P O P C O R N
R M V R U J W I L D R I C E C Z
E E F A R R O Z N I A Y D P S Y
A A N O D F U N X O S E O Z E B
L L M I L L E T S Y A P A S T A

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STUDENT
NUTRITION



WHOLE GRAIN OR WHOA GRAIN?

Concept:

- Identifying whole grains vs refined grains

How to Play:

1. Show pictures or names of foods
2. Kids give a thumbs-up for Whole Grain and thumbs-down for Refined Grain

Examples:

Brown rice



White bread



Oatmeal



Sugary cereal



3. Discuss what makes whole grain different from refined grain.

GRAIN RIDDLES FOR KIDS

1. I'm hard and round, then fluffy and white. *What am I?*
Answer: Popcorn
2. I can be brown, white, wild or long-grained. *What am I?*
Answer: Rice
3. Add water and eat me in a bowl for breakfast. *What am I?*
Answer: Oatmeal

Q:

Why did the bread go to see the doctor?

It was feeling crummy!

A:

Q:

What did the baby corn kernel say to his dad?

Hi pop!

A:

Q:

Where does grain go to sleep at night?

In the bedroom

A:

Q:

What do vegan zombies feed on?

GRAINS!!!

A:

FRESH
FUNNIES

