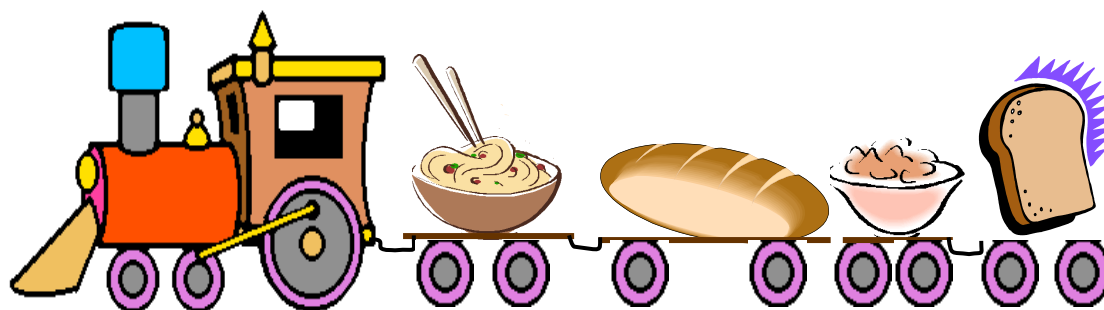


Child Nutrition & Wellness
Kansas State Department of Education
Presents

The Whole Grain Train, Get On Board!



Participant Booklet

A Class for CACFP Sponsors and Providers

This class was developed by Child Nutrition & Wellness, Kansas State Department of Education. Class content and activities were adapted from the following sources:

- *The Whole Grain Choo-Choo Train Lesson Plan*, Mary Stickney, Florida Department of Health
- *The Whole Grain Choo-Choo Train*, Kathy Reeves, MS, RD, LD, Mary Stickney, MA, RD, LD, Diane Bowden, MPH, RD, LD, Illustrated by Rob Gelhardt, Florida WIC and Florida Department of Health.
- *Go With Whole Grains for Kids*, Bell Institute of Health and Nutrition, General Mills, <http://www.bellinstitute.com/ResourceDetail.aspx?ResourceId=717&PageId=81&SubPageId=65>
- USDA/FNS, *Whole Grains: Tips and Guidance for Moms (4-19-12)*
- Sarah Malburg, *A Preschool Theme on Bread & Baking*, 6/6/2012.
- *Go Whole Grains*, Culinary Course, KSDE
- *Hearty Whole Grain Breads*, National Food Service Management Institute, The University of Mississippi.
- Alastair Bland, *What Makes Whole-Grain Bread So Hard to Bake?*, Smithsonian.com, 9-25-2013.
- *Recipes from America's Breadbasket*, Kansas Wheat Commission
- *The Whole Grain Train. Get On Board*, KSDE
- *Culinary Techniques for Healthy School Meals*, National Food Service Institute, The University of Mississippi
- TeamNutrition.usda.gov, *Recipes for Healthy Kids Cookbook for Homes*
- *Facts About Kansas Wheat*, Kansas Wheat, www.kansaswheat.org
- *Brown Rice Basics*, US Rice Federation
- *Oats*, Dictionary of American History | 2003 | Encyclopedia.com
- *Fun Facts About Corn*, Stumblerz.com, 3-17-2009
- GrainChain.com

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Participant Booklet
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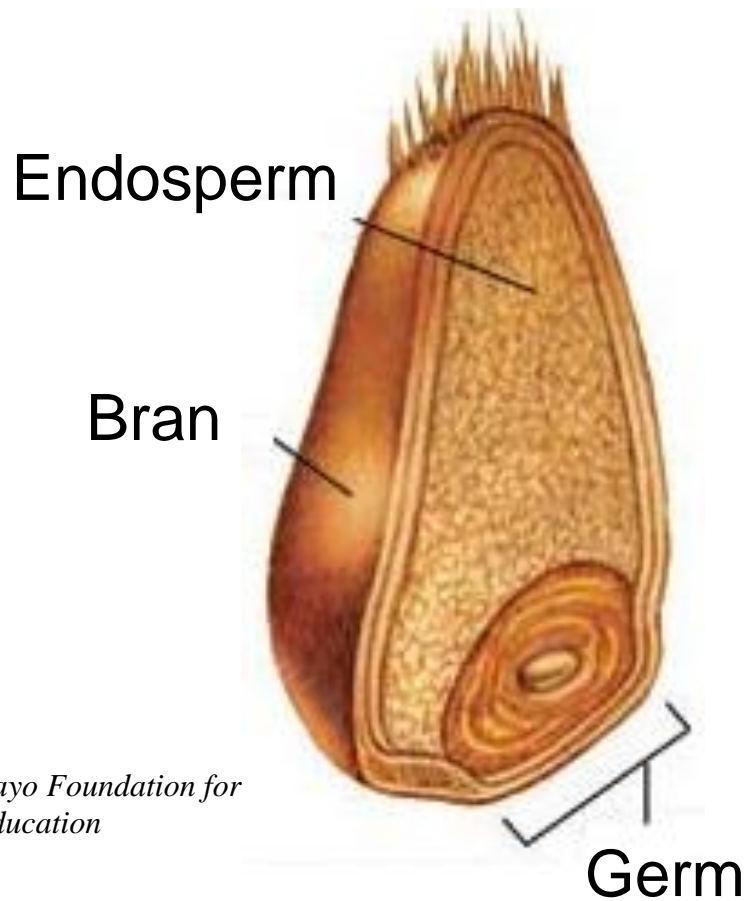
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Whole Grains...

- ❖ Contain all 3 edible parts of the kernel in the same proportion as they occur growing naturally in a field;
 - the inner endosperm,
 - the outer bran, and
 - the germ.

Refined Flours...

- ❖ Contain only the endosperm.



*Source of graphic: Mayo Foundation for
Medical Education*

2010 Dietary Guidelines for Americans

Following are the key recommendations that were put forth in the 2010 Dietary Guidelines for Americans.

❖ Build a healthy plate

- Eat red, orange and dark-green vegetables such as tomatoes, sweet potatoes and broccoli.
- Eat fruits, vegetables or unsalted nuts as snacks
- Choose 100% whole grain cereals, breads, crackers, rice & pasta.
- Check the ingredient list on the food packet to find whole grain.
- At least twice a week make seafood the protein in your plate.
- Eat beans which are a natural source of fiber and protein.

❖ Cut back on foods that are high in solid fats, added sugars and salt.

- Drink water instead of sugary drinks.
- Select fruits for desserts instead of sugary desserts.
- Choose 100% fruit juice instead of fruit-flavored drinks.
- Compare sodium in foods like soup, bread and frozen meals.
- Add spices or herbs to season food instead of salt.
- Limit the consumption of foods high in saturated fats such as cakes, cookies, pizza, hot dogs and sausages.
- Select leaner cuts of meat and poultry.
- Switch to skim or 1% milk instead of whole milk.
- Switch from solid fats to oils when preparing foods.

❖ Eat the right amount of calories

- Enjoy your food, but eat less.
- Cook more often at home, where *you* are in control.
- Choose lower calorie menu options when eating out.
- Keep track of whatever you eat.
- If you drink alcoholic beverages, limit to 1 drink a day for women and 2 drinks a day for men.

❖ Be physically active.

Source: Dietary Guidelines Consumer Brochure

<http://www.choosemyplate.gov/downloads/MyPlate/DG2010Brochure.pdf>

MyPlate



MyPlate uses a place setting to illustrate the five different food groups and it is designed to remind Americans to eat healthy. More information is available at www.ChooseMyPlate.gov

About Whole Grains and Whole Grain Rich

Benefits of Whole Grains

- ❖ Whole grains contain important nutrients including B-vitamins, vitamin E, magnesium, iron, copper and fiber.
- ❖ Consumption of whole grains can decrease the risk of heart disease, stroke, type 2 diabetes and some cancers.
- ❖ Including whole grains in meals increases satiety and may aid in weight management.

Whole Grains – 100%

- ❖ Brown rice & wild rice
- ❖ Bulgur (cracked wheat)
- ❖ Oats/oatmeal
- ❖ Popcorn
- ❖ Whole cornmeal
- ❖ Whole wheat flour
- ❖ Amaranth
- ❖ Buckwheat
- ❖ Millet
- ❖ Muesli
- ❖ Quinoa (*keen-wah*)
- ❖ Sorghum
- ❖ Whole grain barley
- ❖ Whole rye

Whole Grain Rich – 50% or more

- ❖ Whole grains rich products contain at least 50% of grains by weight from whole grains or 8 grams of whole grains per ounce of product..
- ❖ Whole grain rich foods have standards of identity and can be identified in three ways from the package label.
 - Ingredient List
 - FDA-Authorized Health Claim
 - Whole Grain Stamp

Look at the Package and Read the Label

❖ Look at the ingredient list.

- Products purchased for use in CACFP should have a known whole grain (such as oat, whole wheat, brown rice, etc.) listed as the first ingredient.

❖ Look for FDA-Authorized Health Claim.

- Diets rich in whole grain foods and other plant foods, and low in total fat, saturated fat and cholesterol may reduce the risks of heart disease and certain cancers.

❖ Look for the Whole Grains Council's whole grain stamps.

- Good source has 8 to 15g of whole grain per serving
- Excellent source has 16g or more of whole grain per serving
- Stamps are optional so read the labels
 - Most predominant ingredient is listed first



EAT 48g OR MORE OF
WHOLE GRAINS DAILY



EAT 48g OR MORE OF
WHOLE GRAINS DAILY

Sounds or Looks Whole Grain

Contains Whole Grain or Made with Whole Grains

- ❖ These products contain some whole grain but not the 50% to be identified as whole grain rich.
- ❖ Enriched flour or another refined grain is the first grain ingredient.
- ❖ Can be used as transition foods to introduce whole grains to participants.

Sounds or Looks Whole Grain But is NOT

- ❖ **Multi-grain:** - refers only to the fact that more than one grain is used in the product recipe
- ❖ **100% Wheat:** - refers to the fact that wheat is the only grain used. It does not reveal whether the wheat is whole grain. Would need to say 100% WHOLE Wheat.
- ❖ **Stone Ground:** - refers to a technique for grinding grains. It usually means the grain is coarser and the germ is often intact, but the bran portion is generally not included.
- ❖ **5 Grain:** refers only to the fact that 5 types of grain are used in the product recipe.
- ❖ **Bran:** means that the bran portion of the grain is a key component of the product and may not contain any of the germ portion. Products with added bran (e.g. bran cereals) or bran alone (e.g. oat bran) are not considered whole grain because they do not contain all three portions of the grain.
- ❖ **Brown-colored breads** (such as pumpernickel): color can be changed with food coloring and has nothing to do with the grain kernels used. Color is a common trick though (both the color of products and packaging).

When in doubt – read the label.

Are These Products Whole Grain Rich?

Worksheet

Instructions: Read the label for each of the five products listed. Work as a group to decide if the product is whole grain rich and why or why not.

Product	Whole Grain Rich?	Why or Why Not?
Whole Wheat Bread		
Seven Grain Bread		
Honey Graham Crackers		
Whole Grain Crackers		
Whole Grain Pasta		

Whole Grain Ideas for Breakfast

- ❖ Cooked oats or instant oatmeal
- ❖ Cooked brown rice
- ❖ Whole grain rich dry cereal (look for the whole grain label on packaging)
- ❖ Toast made with whole-grain rich bread
- ❖ Whole grain rich pancakes and waffles
- ❖ Whole grain rich biscuits
- ❖ Whole wheat English muffins

Convert Quick Bread Recipes to Whole Grain Rich

- ❖ Replace 50% of enriched all purpose flour with whole wheat flour or white whole wheat flour.
 - Recipe calls for 2 cups of flour
 - Use 1-1/8 cup whole wheat flour and 7/8 cup enriched all purpose flour
- ❖ Substitute buttermilk for some or all of liquid
- ❖ Increase baking powder by 1 tsp. for every 3 cups of whole wheat flour.

Whole Grain Ideas for Lunch and Supper

- ❖ Whole grain rich dinner rolls
- ❖ Whole grain rich muffins or cornbread
- ❖ Brown rice
- ❖ Brown rice/wild rice mixes
- ❖ Whole grain rich pasta
- ❖ Cooked grains such as quinoa and whole grain barley as sides
- ❖ Sandwiches made with whole grain rich bread
- ❖ Pizza with whole grain rich crust

Whole Grain Ideas for Recipes

- ❖ Use whole wheat breadcrumbs or crushed whole wheat cereal as coating for fish or chicken.
- ❖ Add quick or old fashioned oats to meatloaf
- ❖ Add whole grains to soups, stews and casseroles
- ❖ Add whole grain flour and oats to cobblers, crisps, cookies and quick breads
- ❖ Use 50% whole grain flour in pizza crust

Whole Grain Ideas for Snacks

- ❖ Whole grain rich muffins
- ❖ Whole grain crackers
- ❖ Whole grain English muffins
- ❖ Whole grain rich cold cereals
- ❖ Trail mix made with whole wheat cereals
- ❖ Granola made with whole grains
- ❖ Whole grain rich sliced bread or toast

Tips for Using Whole Grain Flour

- ❖ Storage:
 - Store whole grain flour in a sealed container in the refrigerator or freezer.
 - Bring the flour to room temperature before mixing with other ingredients.
- ❖ Mixing:
 - Add a little extra liquid and a little extra yeast
 - Mix a little longer for gluten to develop
 - Add 1 large egg or 1 tsp. vital wheat gluten may added (per 3 cups flour) to enhance gluten development
 - Avoid adding too much flour, whole wheat dough will be slightly tacky.
 - Avoid over-kneading as flakes of bran in the flour can make tiny cuts in the dough
- ❖ Proofing:
 - Consider using the sponge method
 - Allow extra time for proofing



Getting Whole Grains on Board Menu Activity

Instructions:

- Circle all the whole grain items on the menu.
- Below the refined grain items, write in whole grain options.

Breakfast

Orange Juice	Banana	Orange Slices	Tomato Juice	Orange Juice
Cheerios	Corn Flakes	English Muffin	Whole Wheat Toast	Oatmeal
Milk	Milk	Milk	Milk	Milk
V-8 Juice	Pineapple	Apple Juice	Peaches	Orange Juice
Rice Cake	Whole Grain Pancake	Biscuit	Cream of Wheat	Blueberry Muffin
Milk	Milk	Milk	Milk	Milk

Lunch/Supper

PBJ & Cottage Cheese Whole Wheat Bread	Chili Crackers	Meatballs Rice	Scr. Egg/Cheese Biscuit	Spaghetti Casserole Spaghetti
Carrots Orange Milk	Chili Beans Applesauce Milk	Spinach Pears Milk	Hash Browns Broccoli Milk	Green Beans Apple Wedges Milk
Corndog	Meat Loaf Dinner Roll	Chicken Nuggets	Burrito WG Tortilla	Hamburger Bun
Tator Tots Grapes Milk	Mashed Potato Green Beans Milk	Baby Carrots Kiwi Milk	Lettuce/Tomato Refried Beans Milk	French Fries Fruit Cocktail Milk

Snacks

Wheaties	Muffins	Waffle	Scones	English Muffin
Milk	Milk	Grape Juice	Milk	Hot Chocolate

Recipe to Test and Try

Stir-Fried Green Rice, Eggs and Ham (Turkey Ham) 25 servings

1 cup provides 1 oz equivalent of meat/meat alternate and 1-1/2 oz. equivalent grains.

Ingredients:	Measure	Weight
Brown rice, ong-grain, regular, dry	1 qt + 3 cups	2 lb 13 oz
Salt	1-1/4 tsp	
Eggs, beaten	12	
Vegetable oil	¼ cup + 1 Tbsp	
Turkey ham, diced	2 cups	12 oz
Fresh green onions, diced	2 cups	5 oz
Frozen, chopped spinach, thawed, drained	3 cups	1-1/2 lb
Sesame oil	1 Tbsp	
Low-Sodium soy sauce	1 Tbsp	

Instructions

1. Cook rice according to package directions. Add salt to cooked rice, mix and set aside.
2. Whisk eggs with ¼ cup water. Cook half the egg mixture, chop and set aside. Reserve other half of egg mixture for step 6.
3. Saute ham in vegetable oil over high heat for two minutes or until ham begins to brown.
4. Reduce heat to medium. Mix in brown rice.
5. Add remaining egg mixture. Stir frequently for about five minutes or until cooked.
6. Mix in onions, spinach, chopped egg, sesame oil and soy sauce.
7. Heat to internal tempereature of 165° or higher for at least 15 seconds.
8. Portion with 8 fl oz spoodle

Recipe to Test and Try

Chic Penne

25 servings

1-1/2 cups (two 6 fl oz spoodles) provides 1 oz equivalent of meat/meat alternate, 1/8 cup dark green vegetable and 1-3/4 oz. equivalent grains.

Ingredients:	Measure	Weight
Water	1 gal + 2 qt	
Whole grain Penne pasta, dry	3 qt + 3-1/2 cups	3 lb
Granulated garlic	1 Tbsp +1 tsp	
Fresh broccoli florets, chopped	2 qt + 3-1/4 cups	1 lb
Frozen, cooked, diced chicken, thawed.		
Low-sodium chicken broth	1/2 cup	
Salt	1 Tbsp	
Ground black pepper	2 tsp	
Nonfat milk	1 qt +1-1/2 cups	
Reduced-fat cheddar cheese, shredded	2 cups	8 oz
Low moisture part-skim mozzarella cheese	2 cups	8 oz

Instructions

1. Heat water to a roiling boil.
2. Slowly add pasta. Stir until water boils again. Cook about 8 minutes or until al dente. Drain well.
3. Toss cooked pasta with garlic.
4. Transfer pasta to steam table pan.
5. Cook broccoli for 5 minutes in boiling water. Drain.
6. Add broccoli and chicken to pasta. Mix well.
7. To make sauce, combine broth, salt, pepper and 1 qt. milk. Bring to a boil, stir constantly.
8. Combine remaining 1-1/2 cups milk with flour and add to broth-milk mixture. Reduce heat to low. Stir constantly for 5 minutes until sauce thickens.
9. Add cheese. Continue to stir until cheese melts.
10. Pour cheese sauce over pasta mixture.
11. Cover with foil and back at 350° for 8 minutes to internal temperature of 165°. Serve two 6 fl oz spoodles (1-1/2 cups)

Recipe to Test and Try

America's Breadbasket Whole Wheat Sugar Cookies 24 cookies

2 cookies provide 1 bread serving for 6-12

1 cookie provides ½ bread serving for <6

Ingredients:	Measure
White whole wheat flour	2 cups
Baking powder	1 tsp
Baking soda	½ tsp
Salt	½ tsp
Ground nutmeg	½ tsp
Butter or margarine	½ cup
Granulated sugar	1 cup
Egg, whole	1
Orange peel, grated	1 Tbsp
Vanilla extract	1 tsp
Low-fat milk	2 Tbsp

Topping: ½ tsp cinnamon + 2 tbsp sugar.

Instructions:

1. In a small bowl, combine whole wheat flour, baking powder, baking soda, salt and nutmeg. Set aside.
2. In a large mixing bowl, beat butter or margarine with an electric mixer on medium to high speed for 1 minute. Add the granulated sugar, beat mixture until combined. Stir in egg, orange peel and vanilla; beat until well combined.
3. Stir in flour mixture and milk just until combined.
4. Shape into 1-inch balls and place on ungreased cookie sheet 2 inches apart. Flatten slightly with bottom of glass dipped in topping mixture.
5. Bake cookies in preheated 375 degrees F oven 8-10 minutes or until golden brown. Transfer cookies to a wire rack to cool.

Recipe to Test and Try

America's Breadbasket Whole Grain Banana Bread 1 loaf, 16 slices

Does not credit, could serve as extra.

Ingredients:	Measure
White whole wheat flour	1 cup
All-purpose, enriched, flour	$\frac{3}{4}$ cup
Granulated sugar	1 cup
Baking soda	1 tsp
Mashed, ripe, banana	1-1/4 cup (3 medium)
Butter or margarine	$\frac{1}{4}$ cup
Unsweetened applesauce	$\frac{1}{4}$ cup
Whole eggs	2 large
Vanilla extract	1 tsp
Low-fat buttermilk or plain yogurt	2 Tbsp

(add 1/8 tsp lemon juice or vinegar to 2 tbsp milk to substitute for buttermilk)

Instructions:

1. Preheat oven to 350oF. Lightly spray 8-1/2 x 4-1/2 loaf pan with nonstick cooking spray.
2. In a large bowl, whisk together whole wheat flour, all purpose flour, sugar and baking soda.
3. In a medium bowl, whisk together bananas, applesauce, eggs, vanilla and buttermilk.
4. Add banana mixture to flour mixture; stir ingredients together just until combined. Do not overmix batter. Spread batter in pan.
5. Bake 60-65 minutes or until wooden pick inserted in center comes out clean.
6. Cool 5 minutes; loosen sides of bread from pan using a knife. Remove bread from pan to cooling rack. Cool completely, about 1 hour, before slicing.

Recipe to Test and Try

America's Breadbasket Whole Wheat Muffins 12 muffins

1 muffin provides 1 bread serving for 6-12

½ muffin provides 1 bread serving for <6

Ingredients:	Measure
Margarine or butter	½ cup
Granulated sugar	½ cup
Light brown sugar	½ cup
Baking soda	1 tsp
Egg, whole, beaten	1
Vanilla extract	¼ tsp
Low fat milk	1 cup
White whole wheat flour	2 cups

Instructions:

1. Preheat oven to 400oF. Have ingredients at room temperature.
2. Line muffin pan with paper baking cups or coat muffin cups with nonstick cooking spray.
3. In a large mixing bowl, beat margarine with an electric mixer on medium to high speed for 30-40 seconds. Add the granulated sugar, brown sugar, and baking soda; beat mixture until combined.
4. Add egg and vanilla. Stir in milk and gradually add whole wheat flour. Mix ingredients together so dry ingredients are barely moistened.
5. Fill muffin cups 2/3 full and bake 15 to 17 minutes, or until lightly browned.
6. Remove muffins from pan onto a wire rack to cool.

Using the Whole Grains Council Website

www.wholegrainscouncil.org

Stamped Products



More and more products are using Whole Grain Stamps every day, to help you quickly and easily find whole grain options. This list tells you the product, the brand name, and, in the last column, details about the whole grain content of a serving of each product.

Though not all the foods below are in every market in every part of the country, this list should help you find some delicious new foods to try! Pick a category below, then browse through all the many choices.

	BARS Granola bars, snack bars, and breakfast bars made with whole grains
	BEVERAGES Whole grains through a straw?? Take a look
	BREADS Whole grain breads, bagels, rolls and English muffins
	COLD CEREALS Whole grain cereals usually eaten cold, including granola
	HOT CEREALS Oatmeal varieties, along with other hot whole grain cereals
	ENTREES Whole grain main dishes, such as burritos, chicken fingers, sandwiches and salads
	FLOUR Whole grain flour, in its many varieties
	GRAIN SIDE DISHES Rice and other whole grains, grain medleys and flavored grain side dishes
	MIXES FOR BAKING Prepared whole grain mixes, for home or commercial baking

	PASTA Whole wheat and multi-grain pasta, in a variety of traditional shapes
	PIZZA Pizza with whole grain crust, including sources for crust alone
	SNACKS Whole grain crackers, chips, pretzels and other savory snacks
	SOUPS Soups and stews made with whole grain
	TORTILLAS, WRAPS, FLATBREADS Tortillas, flatbreads and wraps made with whole grain
	TREATS Cookies, cakes, pies, muffins and quick breads made with whole grain
	WAFFLES, PANCAKES, FRENCH TOAST Whole grain waffles, pancakes and French toast
	NON-FOOD Useful non-food products for whole grain lovers

Cold Cereals



Whole grain cereals usually eaten cold, including granola

Bob's Red Mill	Apple Strawberry Granola (1672)	100% Stamp	16 grams
Bob's Red Mill	Crunchy Coconut Granola (1271)	100% Stamp	16 grams
Bob's Red Mill	Honey Almond Granola (1273)	100% Stamp	16 grams
Bob's Red Mill	No Fat Added Natural Granola (1669)	100% Stamp	16 grams
Devinely D'Lish	Gracious Granola	Basic Stamp	16 grams
Devinely D'Lish	Veritas Granola	Basic Stamp	16 grams
General Mills	Cheerios	Basic Stamp	16 grams
General Mills	Honey Nut Cheerios	Basic Stamp	8 grams
General Mills	Multi Bran Chex	Basic Stamp	8 grams
General Mills	Corn Chex	Basic Stamp	8 grams
General Mills	Rice Chex	Basic Stamp	8 grams
General Mills	Honey Nut Chex	Basic Stamp	8 grams
General Mills	Wheat Chex	100% Stamp	16 grams
General Mills	Chocolate Chex	Basic Stamp	8 grams
General Mills	Total Cranberry Crunch	Basic Stamp	16 grams
General Mills	Cinnamon Toast Crunch	Basic Stamp	8 grams
General Mills	Fiber One	Basic Stamp	8 grams
General Mills	Reese's Puffs	Basic Stamp	8 grams
General Mills	Golden Grahams	Basic Stamp	8 grams
General Mills	Cocoa Puffs	Basic Stamp	8 grams
General Mills	Cookie Crisp	Basic Stamp	8 grams
General Mills	Oatmeal Crisp Crunchy Almond	Basic Stamp	16 grams
General Mills	Fiber One Raisin Bran	Basic Stamp	16 grams
General Mills	Fiber One Honey Clusters	Basic Stamp	16 grams
General Mills	Raisin Nut Bran	Basic Stamp	16 grams
General Mills	Oatmeal Crisp Hearty Raisin	Basic Stamp	16 grams
General Mills	Oatmeal Crisp Maple Brown Sugar	Basic Stamp	16 grams
General Mills	Total Raisin Bran	Basic Stamp	16 grams
General Mills	Whole Grain Total	100% Stamp	16 grams
General Mills	Trix	Basic Stamp	8 grams

Bulletin Board Theme Ideas

- ❖ September
 - National Rice Month
 - National Whole Grains Month

- ❖ October
 - National Pizza Month

- ❖ November
 - Vote for your favorite whole grain recipe(s)

- ❖ January
 - National Oatmeal Month
 - National Soup Week
 - Kansas School Lunch Week