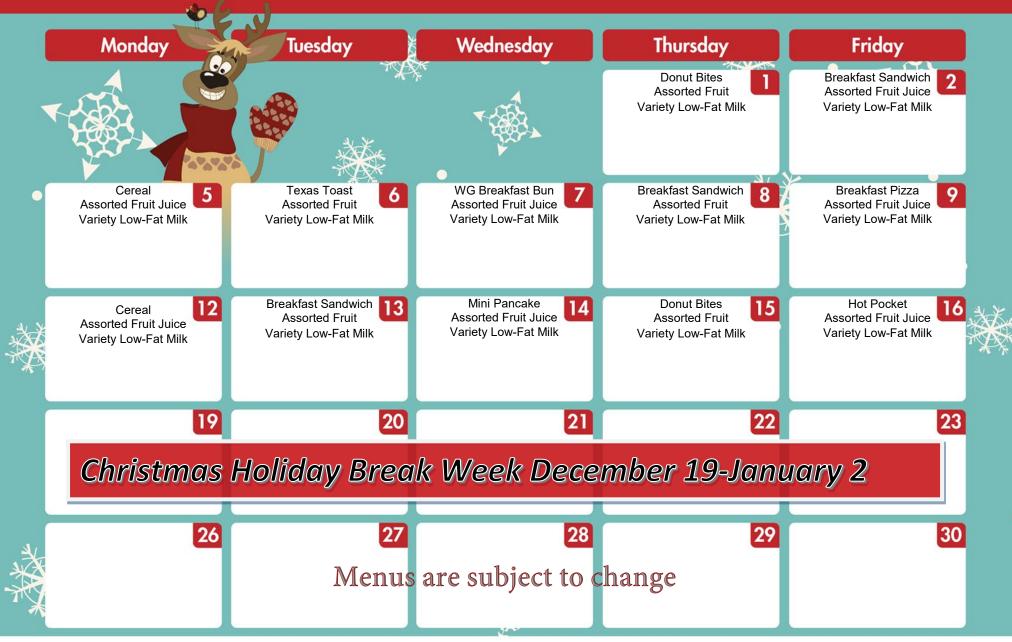


DECEMBER 2022

Hamilton County Elementary

Hamilton County School District Food & Nutrition Services

Hamilton County School District and USDA are equal opportunity providers and employers.



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate