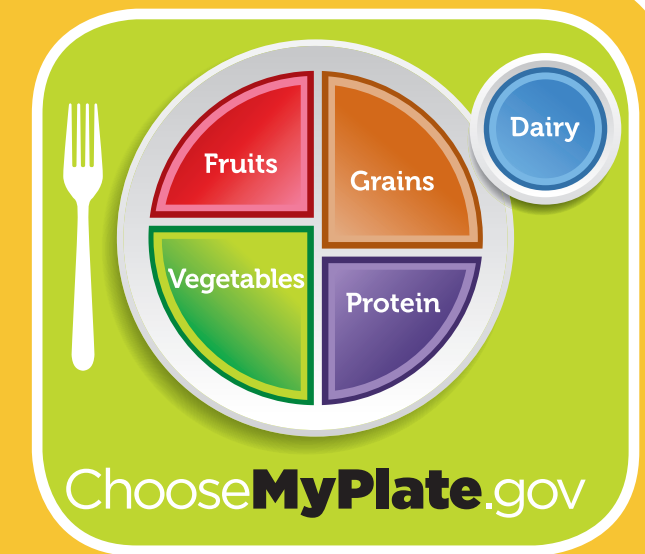


For a meal, choose 3–5 colors including at least ½ Cup of ● Fruits or ● Vegetables and at least 2 other food groups ●●●

# TODAY'S MENU



GRAINS

PROTEIN

MILK

FRUITS

VEGETABLES

