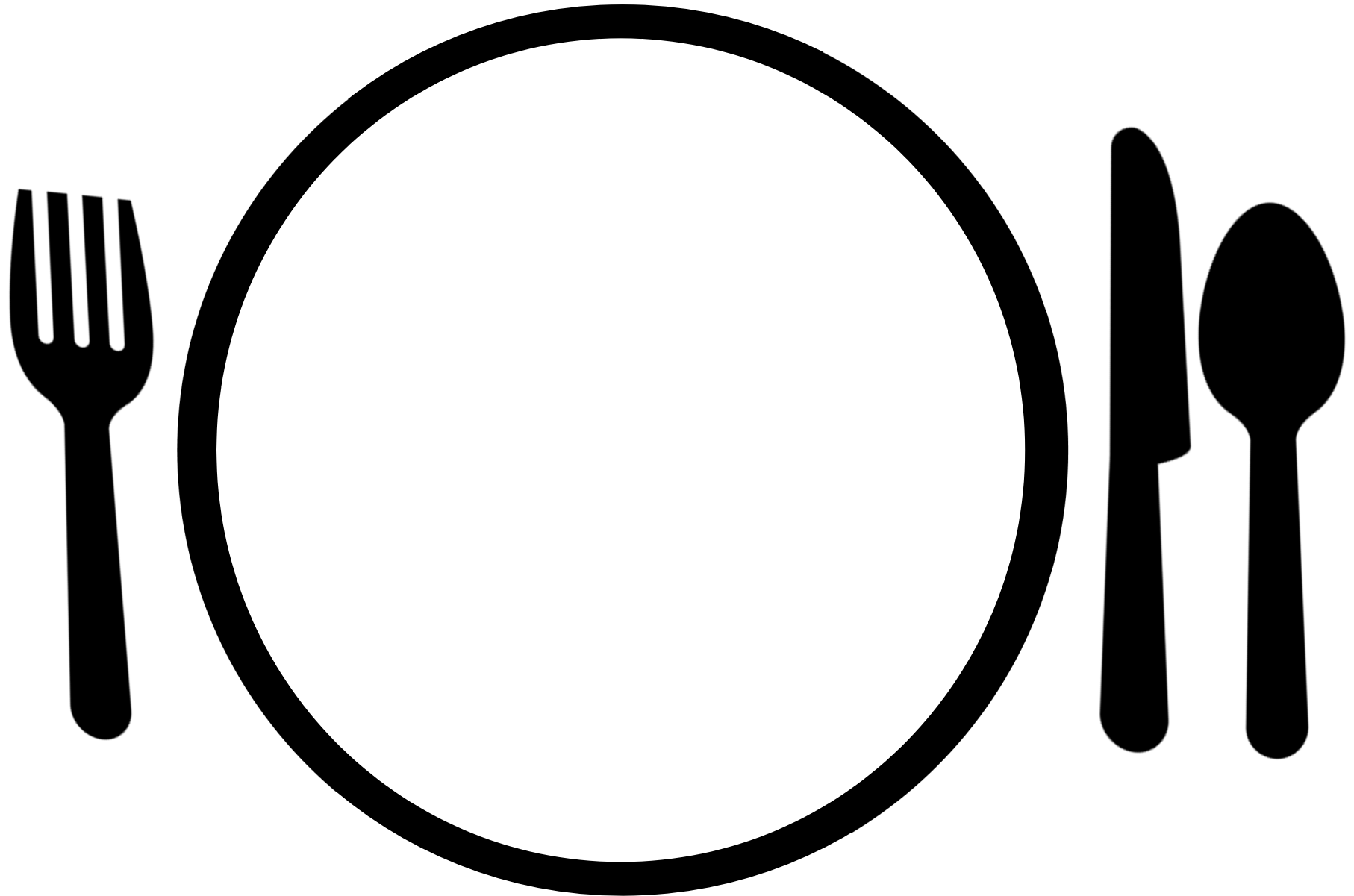


A Balanced Meal

Create a meal for breakfast, lunch or dinner that includes a food from each of the food groups: fruits and vegetables, milk and alternatives, meat and alternatives and grain products.



Dairy

Milk, Yogurt, Cheese



Milk

Yogurt



Cheese



Chocolate Milk



String Cheese



Cottage Cheese



Smoothie



Pudding

Vegetables



Broccoli



Asparagus



Bell Peppers



Corn



Avocado



Carrots



Spinach



Sweet Potatoes



Tomatoes

Fruits



Strawberries



Apple



Banana



Blueberries



Orange Juice



Watermelon



Grapes



Mango



Pear

Grains

Bread, Cereal, Pasta



Tortillas



Cereal



Rice



Bread



Pasta



Popcorn



Crackers



Bagel



Oatmeal

Protein

Meat, Beans, Nuts



Tuna



Eggs



Hamburger



Nuts



Chicken



Tofu



Beans



Salmon



Pork Chops