

Make nutrient-rich choices in all five food groups.



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- A vibrant assortment of fresh vegetables including bell peppers, tomatoes, cucumbers, and leafy greens.

- ☐ Arugula lettuce
- ☐ Asparagus
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cauliflower
- ☐ Carrots
- ☐ Garbanzo beans
- ☐ Green beans
- ☐ Green cabbage
- ☐ Green onion
- ☐ Mushrooms
- ☐ Kidney beans
- ☐ Okra
- ☐ Peas
- ☐ Red cabbage
- ☐ Red onions
- ☐ Red potatoes
- ☐ Romaine lettuce
- ☐ Spinach
- ☐ Summer squash
- ☐ Sweet potatoes
- ☐ Tomatoes
- ☐ Zucchini



- ☐ Low-fat or fat-free milk
- ☐ Lactose free milks
- ☐ Reduced-fat chocolate milk or other flavored milks
- ☐ Low-fat or fat-free yogurt

- ☐ American
- ☐ Cheddar
- ☐ Cottage Cheese
- ☐ Mozzarella
- ☐ Parmesan
- ☐ Ricotta
- ☐ Swiss

