Meat & Beans
Black Bean Soup

Fruits
Blueberries

Vegetables
Broccoli

GRAINS
Brown Rice

Poor Choice Junk Food
Brownie

Fruits
Pears

Fruits
Pineapple

Fruits
Cantaloupe
Vegetables

Carrot Sticks

Cauliflower

Celery

GRAINS

Cereal

GRAINS

Cereal

GRAINS

Cereal

GRAINS

Cereal
GRAINS
- Cereal
- Wild Rice

Vegetables
- Chef Salad
- Cherry Tomatoes

Dairy
- Yogurt

Poor Choice Junk Food
- Chocolate Chip Muffins
- Chocolate Pudding

GRAINS
- Granola Bar
<table>
<thead>
<tr>
<th>Vegetables</th>
<th>GRAINS</th>
<th>Vegetables</th>
<th>Vegetables</th>
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<tbody>
<tr>
<td>Collard Greens</td>
<td>Whole Wheat Toast</td>
<td>Corn</td>
<td>Corn on the Cob</td>
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<tr>
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<tr>
<td>Corn Bread</td>
<td>Crackers</td>
<td>Whole Wheat Dinner Roll</td>
<td>Dried Apricots</td>
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<td>GRAINS</td>
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<tr>
<td>English muffin</td>
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<td>Fried Chicken</td>
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<tr>
<td>Apple Sauce</td>
<td>Frozen Fruit Bars</td>
<td>Frozen Yogurt</td>
<td>Fruit Salad</td>
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Dairy

Cottage Cheese

Fruits

Mango

Vegetables

Mashed Sweet Potatoes

Dairy

2% Milk

Dairy

Fat Free Chocolate Milk

Dairy

Skim Milk

Dairy

2% Milk

Dairy

Fat Free Milk
Dairy

Strawberry Fat Free Milk

Whole Milk

Milkshake

Junk food

Mixed Vegetables

GRAINS

Animal Crackers

Oatmeal

Fruits

Orange Juice

Orange Slices
<table>
<thead>
<tr>
<th>GRAINS</th>
<th>Vegetables</th>
<th>Meat &amp; Beans</th>
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<tbody>
<tr>
<td>Pretzel</td>
<td>Spinach Salad</td>
<td>Steak</td>
<td>Potato Wedges</td>
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<tr>
<td>Strawberries</td>
<td>String Cheese</td>
<td>Summer Squash</td>
<td>Baked Sweet Potato</td>
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Vegetables

Tomato Juice

Tomato Soup

Whole Grain Tortilla Chips

Vegetables

Meat & Beans

Poor Choice Junk food

Vegetables

Tossed Salad

Mixed Nuts

Vanilla Pudding

Vegetables

Junk food

Vanilla Pudding

Vegetable Soup
<table>
<thead>
<tr>
<th>GRAINS</th>
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<tbody>
<tr>
<td>Waffles</td>
<td>Watermelon</td>
<td>Whole Wheat Bagel</td>
<td>Whole Wheat Cracker</td>
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<tr>
<td>Donut</td>
<td>Marshmallow</td>
<td>Chocolate Bar</td>
<td>Hard Candy</td>
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<tr>
<td>Cheese Cubes</td>
<td>Yogurt</td>
<td>Cheese Slices</td>
<td>Pickles</td>
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<tr>
<td>Hand Washing</td>
<td>Doing Dishes</td>
<td>Cleaning Food Surfaces</td>
<td>Hand Sanitizer</td>
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