

Nutrition A BALANCED PLATE FOR SUPER KIDS!





Starches 5 ounces/day

Fuel your fun with whole grains

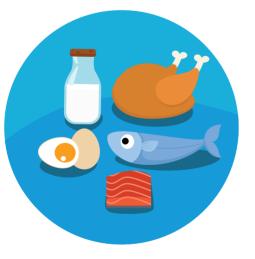
Vegetables 2 cups/day

Boost energy with colorful veggies



Dairy 3 cups/day

Build strong bones with calcium-rich choices



Protein 5 ounces/day

Power up with lean meats or eggs

All portion recommendations based on USDA guidelines for children ages 9-13 at calorie level 1,600/day.





Fruits 1.5 cups/day

Sweeten your day with nature's treats