

Nutrition

A BALANCED PLATE FOR SUPER KIDS!



Vegetables
2 cups/day

Boost energy with colorful veggies



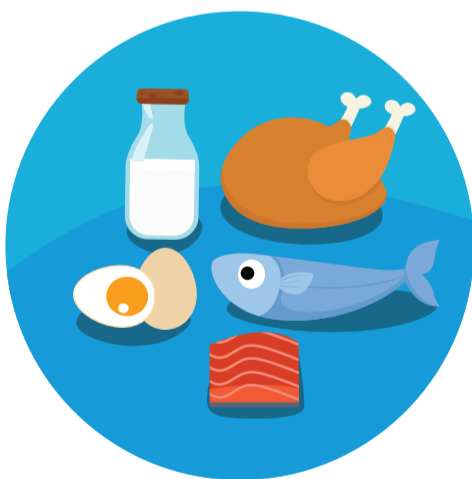
Starches
5 ounces/day

Fuel your fun with whole grains



Dairy
3 cups/day

Build strong bones with calcium-rich choices



Protein
5 ounces/day

Power up with lean meats or eggs



Fruits
1.5 cups/day

Sweeten your day with nature's treats

