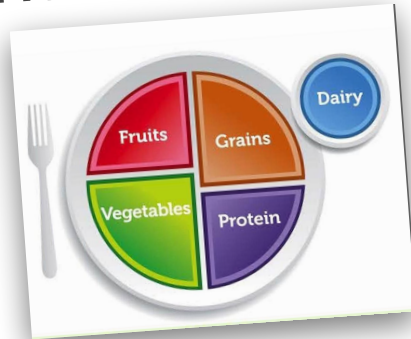


MyPlate Meals. What's Missing?



Meal #1:

Spaghetti

Meatballs

Marinara Sauce

Parmesan Cheese

Tossed Salad

Seltzer Water

Meal #1



Meal #2:

Sliced Turkey
Mashed Potatoes
Green Beans
Banana
1% Milk

Meal #2



Meal #3:

Vanilla Yogurt
Carrot Sticks
Corn Bread
Orange Juice

Meal #3



Meal #4:

Tuna Salad on
Toasted Bread
with
Melted Cheese
Strawberries
Water

Meal #4



Meal #5:

Chili with Kidney Beans

Pickled Cabbage

Biscuit

Apple Slices

Meal 5



Meal #6:

Chicken Nuggets

Corn

Strawberries & Yogurt

Seltzer Water

Meal 6



Meal #7:

Pea Soup

Crackers

Tomato Wedges

Milk

Meal 7



Meal #8:

Ham & Cheese
Hot Pocket
Pineapple Tidbits
Water

Meal 8



Meal #9:

BBQ Chicken
Rice
Cucumber Slices
Pear

Meal 9



Meal #10:

Spinach, Tomato &
Cheese Wrap
Apple Juice

Meal 10

