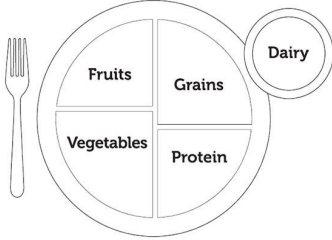
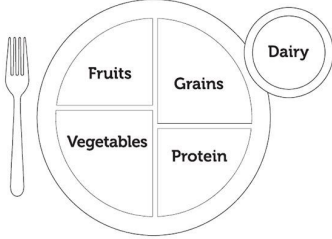
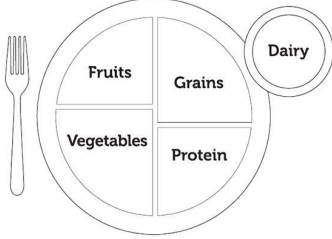
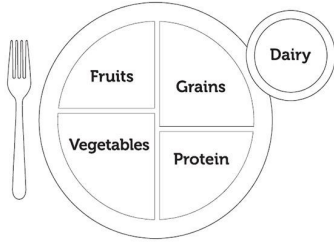
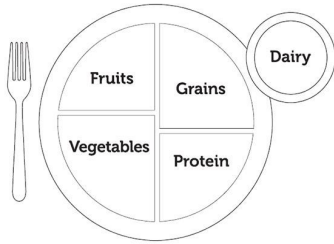
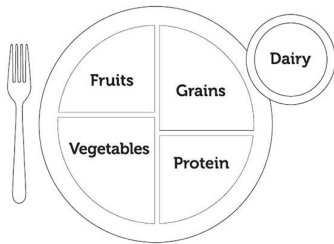
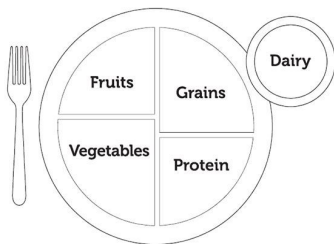
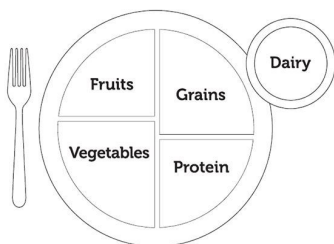


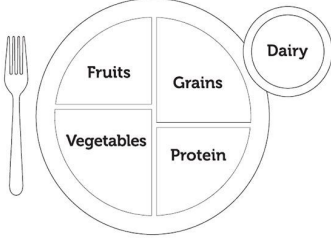
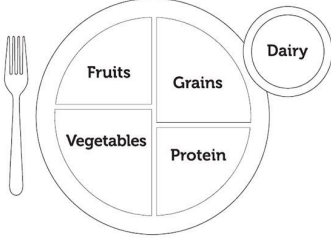
MyPlate Healthy Lunch Choices

What's Missing?

Scan the QR Code in each section to view the lunch menu. Analyze the meal and color in the MyPlate icon to represent the food groups within the option. However, within each meal, there is a major food group missing. It's your job to figure out what's missing and add a food that is befitting of the meal to complete MyPlate. Food suggestions can be found at the end of the chart.

| MyPlate Food Groups Present | What's Missing? What will you add? |
|---|------------------------------------|
|  | Meal 1 |
|  | Meal 2 |
|  | Meal 3 |

| | |
|---|---------------|
|  | <p>Meal 4</p> |
|  | <p>Meal 5</p> |
|  | <p>Meal 6</p> |
|  | <p>Meal 7</p> |
|  | <p>Meal 8</p> |

| | |
|---|---------|
|  | Meal 9 |
|  | Meal 10 |

Food Options for Missing Food Groups:

| | | |
|---|--|--|
| Baked potato Broccoli Chicken patty Juice spritzer Peanuts Red beets | Pretzels Almonds Vanilla yogurt 2% milk Rice cakes Salmon | Frozen fruit popsicle Wheat roll Kiwi Grapefruit Granola bar Cheese stick |
|---|--|--|