# Eat Smart Be Smart

**Food Pictures**

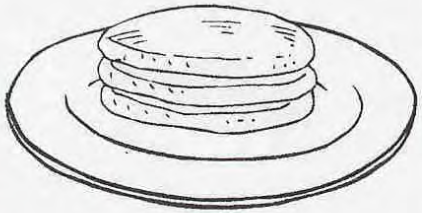
Fun Fruit & Veg- Find

Introducing ...

MyPlate Lessons

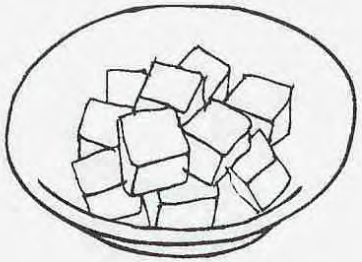
High 5 For Fiber

**Grains**



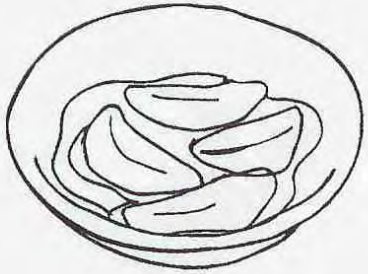
Pancakes

**Fruits**



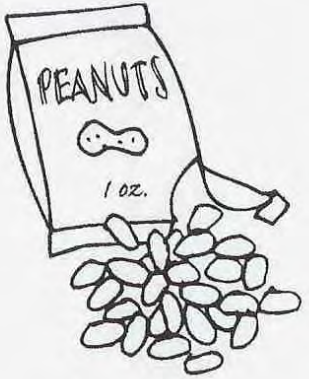
Papaya

**Fruits**



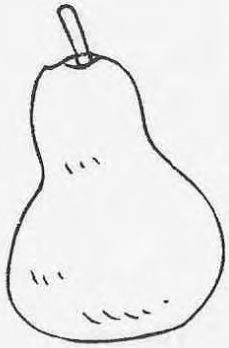
Peaches

**Meat & Beans**




Peanuts

**Fruits**

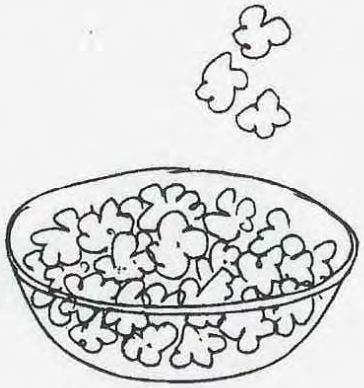


Pear

**Vegetables**

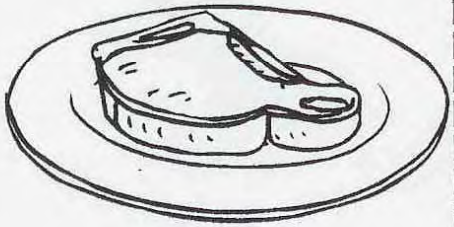
Peas & Carrots

**Grains**



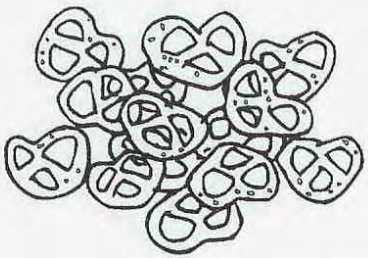
Popcorn

**Meat & Beans**



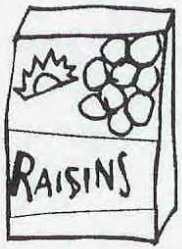
Pork Chop

**Grains**



Pretzels

**Fruits**

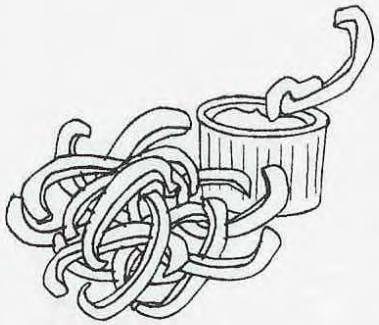



Raisins

**Fruits**

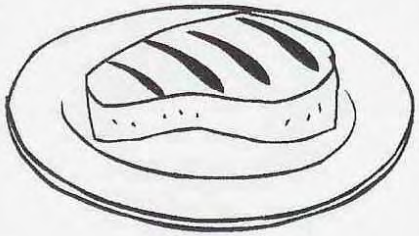
Red Grapes

**Vegetables**



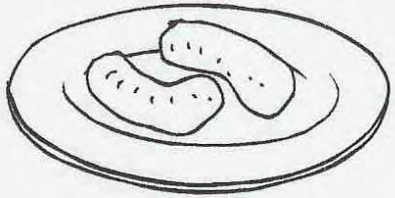
Red & Green Pepper Slices

**Meat & Beans**



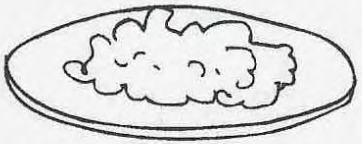
Salmon

**Meat & Beans**



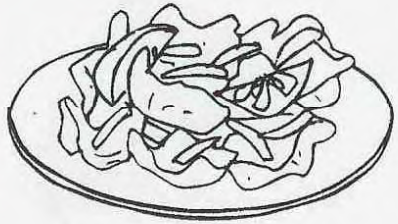
Sausage Links

**Meat & Beans**



Scrambled Eggs

**Vegetables**

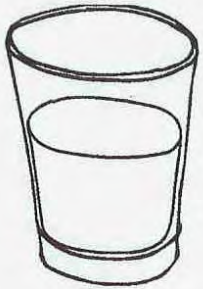


Side Salad

**Fruits**

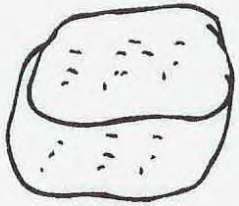
Fruit Leather

**Fruits**



Apple Juice

**Grains**

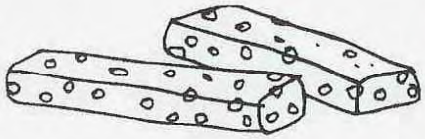


Garlic Bread

**Grains**

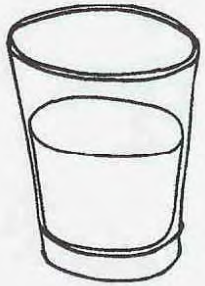
Graham Crackers

**Grains**



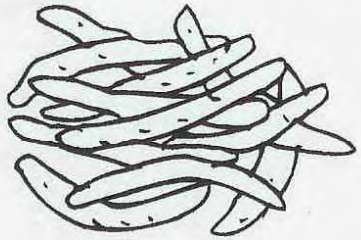
Granola Bar

**Fruits**



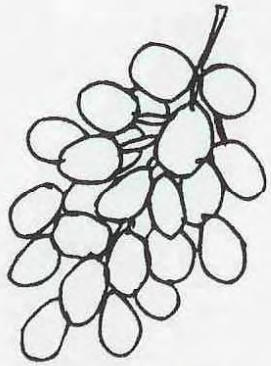
Grape Juice

**Vegetables**



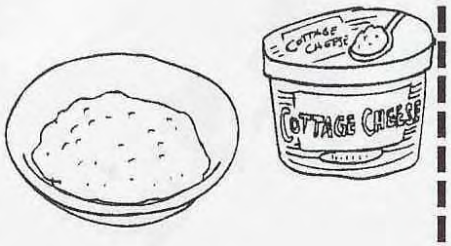
Green Beans

**Fruits**



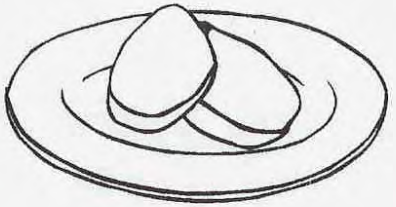
Green Grapes

**Milk**



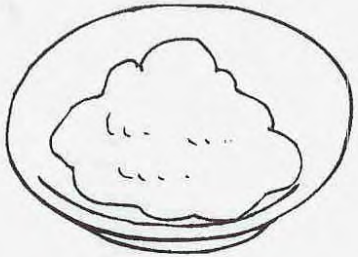

Cottage Cheese

**Fruits**



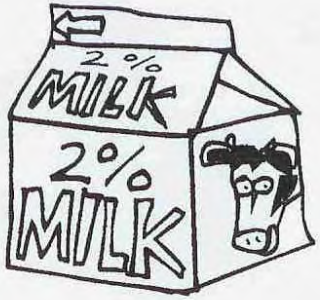
Mango

**Vegetables**



Mashed Sweet Potatoes

**Milk**

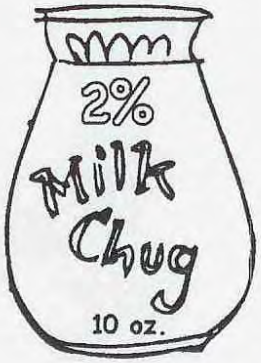



2% Milk

**Milk**

Chocolate Fat Free Milk

**Milk**




2% Milk

**Milk**

Fat Free Milk

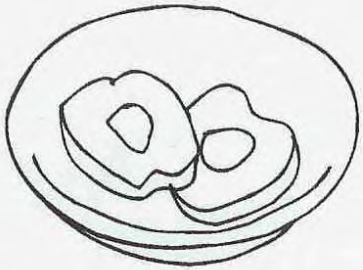
**Milk**

Fat Free Milk

**Grains**

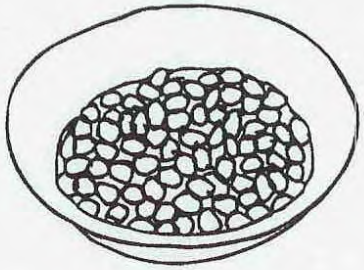
Bagel

**Fruits**



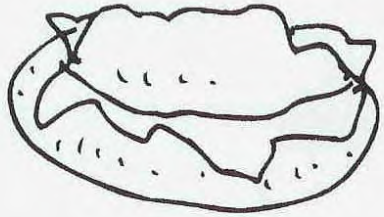
Baked Apple

**Meat & Beans**



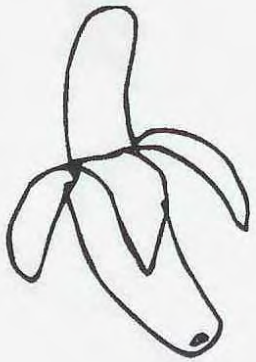
Baked Beans

**Vegetables**



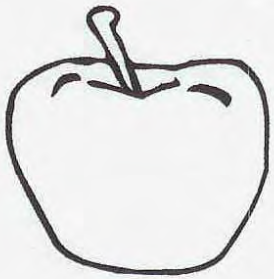
Baked Potato

**Fruits**



Banana

**Fruits**



Apple

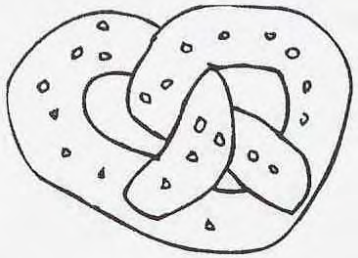
**Meat & Beans**

Beef Jerky

**Grains**

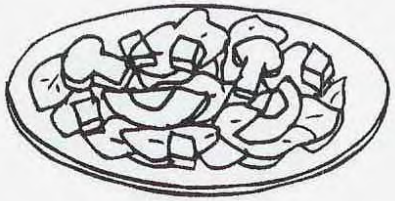
Biscuit

**Grains**



Soft Pretzel

**Vegetables**

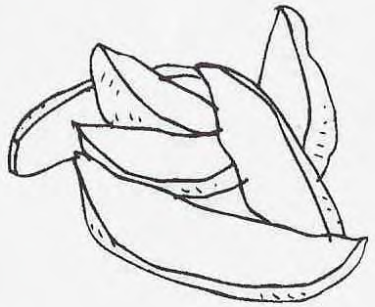


Spinach Salad

**Meat & Beans**

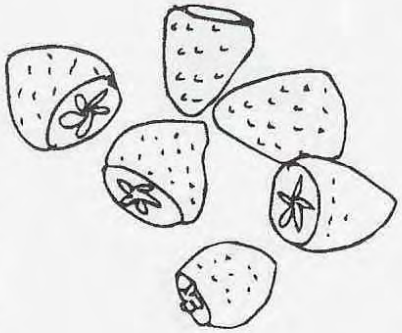
Steak

**Vegetables**



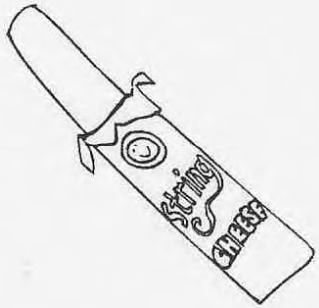
Steak Fries

**Fruits**



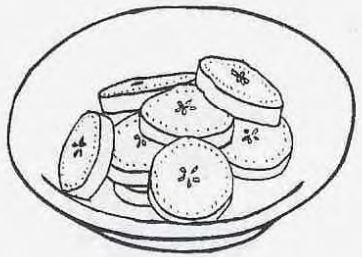
Strawberries

**Milk**



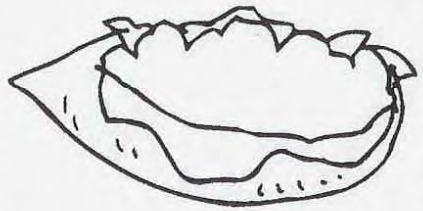

String Cheese

**Vegetables**



Summer Squash

**Vegetables**



Baked
Sweet Potato