

# eat a COLORFUL tray!

**VEGGIE**

**PROTEIN**

**GRAIN**

**MILK**

**FRUIT**

• take 5 for lunch

**FRUIT**

**GRAIN**

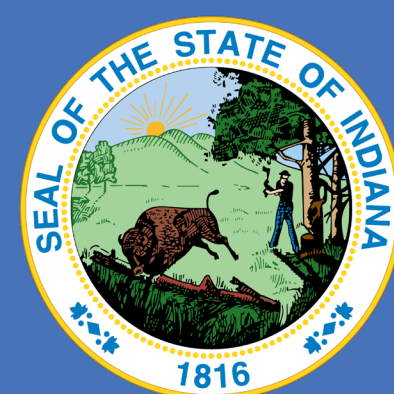
**VEGGIE**

**MILK**

**PROTEIN**



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