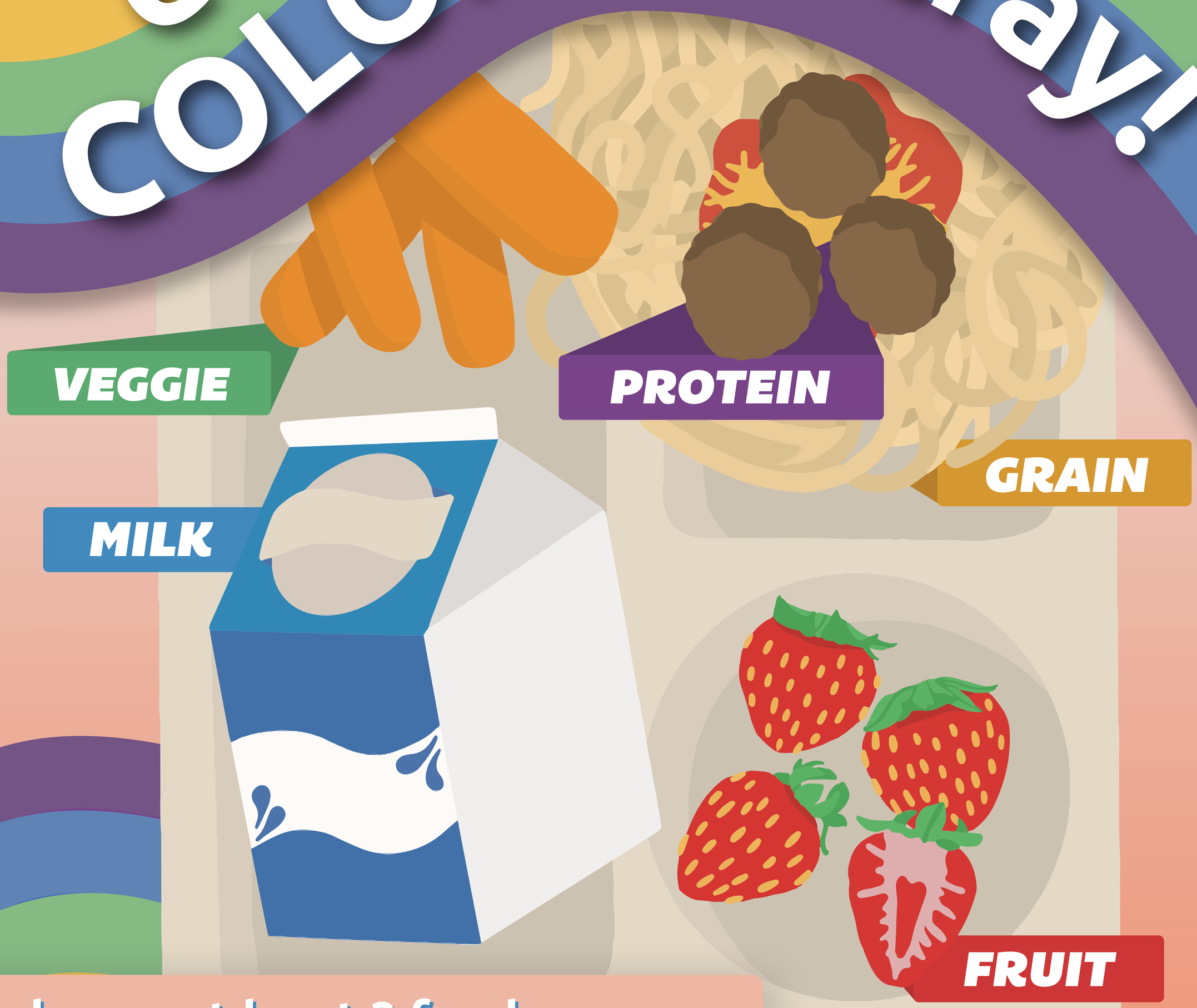
eat a COLORFUL tray!



- choose at least 3 food groups
- select at least 1/2 cup fruit or vegetable to make it a meal

FRUIT | GRAIN | VEGGIE | MILK | PROTEIN

AMERICAN DAIRY ASSOCIATION INDIANA INC.
Winners Drink Milk®

INDIANA DEPARTMENT of EDUCATION