



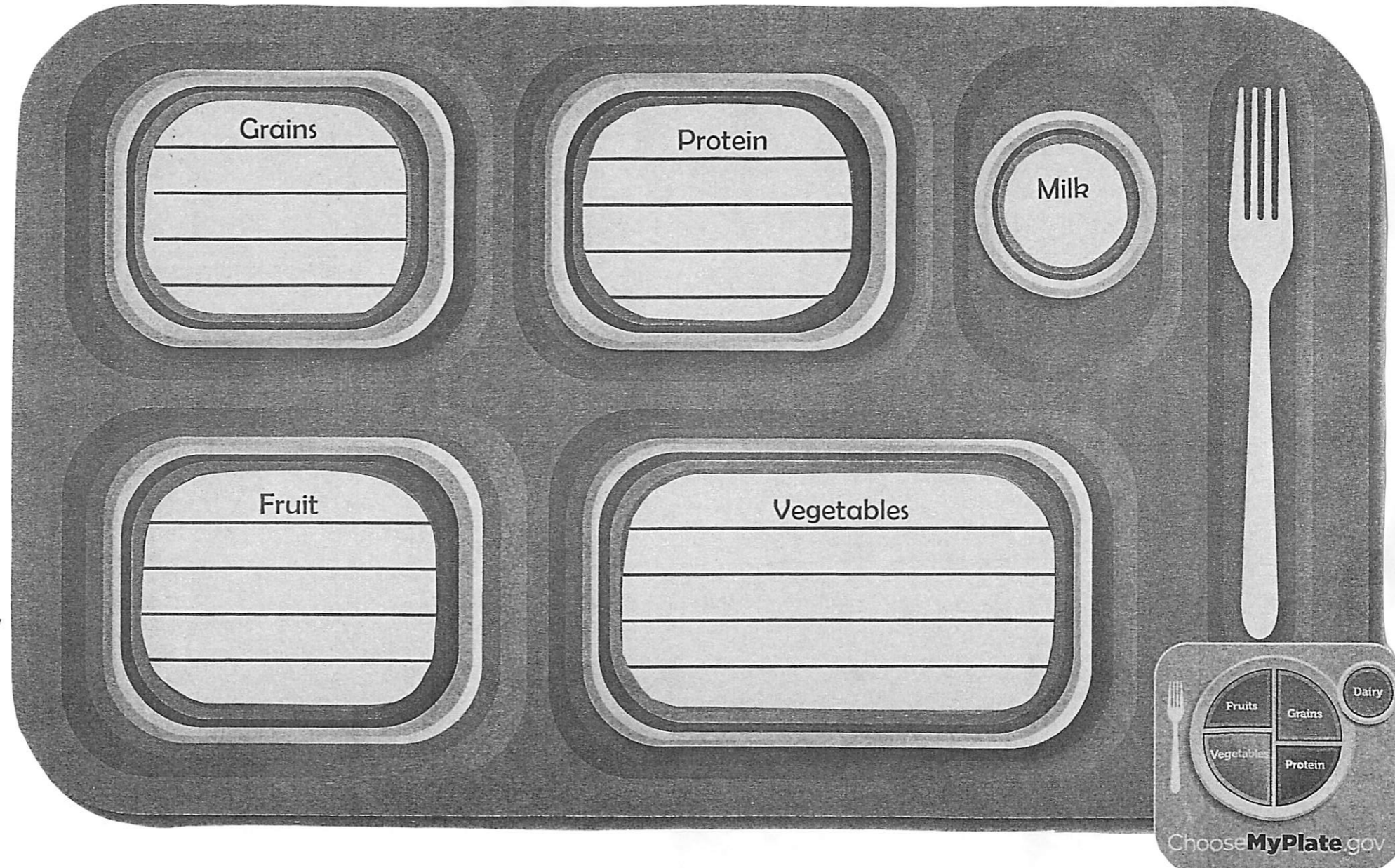
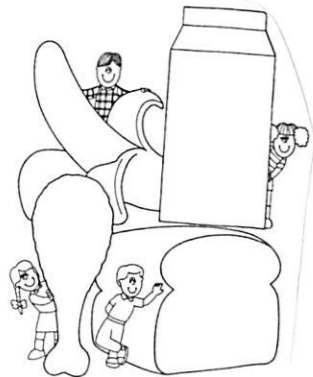
Help Your Child Build a Healthy Tray Each Day.

Build your tray the healthy way!

Take at Least **3**

Start with a:

- Vegetable and/or Fruit
- Choose whole grains
- Pick a Lean Protein
- Add a serving of Dairy



My Plate. My Tray. My Health.