

CHOOSE at least 3 items. 1 MUST be a **FRUIT or **VEGETABLE**.**

MILK

.....
.....
.....

**MEAT/MEAT
ALTERNATE**

.....
.....

GRAINS

.....
.....
.....

FRUIT

.....
.....
.....

VEGETABLES

.....
.....
.....

1 TERRIFIC TRAY!