Farrah Fruit
Farrah Fruit
apple
blackberries
bananas
watermelon
strawberry
kiwi
grapes
orange
cherries
Reggie Veggie

carrot

broccoli

snap peas

spinach

bean
Jane Grain

whole-wheat bread

whole-grain pasta
   (spaghetti and bowtie)

whole-grain cereal

brown rice

popcorn

graham crackers
Dean Protein
Dean Protein

chicken

ham

egg

beans

peanuts
Mary Dairy

yogurt

milk

cheese
Nate and Kate

They eat healthy foods from each food group every day. They also like to run and play every day. Eating smart helps them play hard.