Lesson 1 – All about MyPlate

MyPlate Meal Placemats

Peanut butter and jelly on white bread
French fries
Regular cola
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MyPlate Meal Placemats

Giant banana nut muffin
Fried egg
Fruit-on-the-bottom yogurt
2% white milk
Hot dog on white bun
Kettle chips
Sweetened applesauce
Chocolate milk
Two beef tacos with lettuce, cheese, tomato
Cooked corn
Cherry gelatin
Water
Fried chicken drumstick
Baked beans
Apple
1% chocolate milk