

Add Color and Flavor to Your Menu

BREAKFAST

Omelet

Whole-grain toast

Coffee with fat-free milk

Vegetable

Fruit

Add fruits and vegetables to these meals.

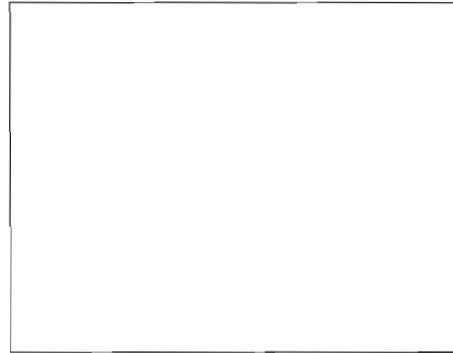
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LUNCH

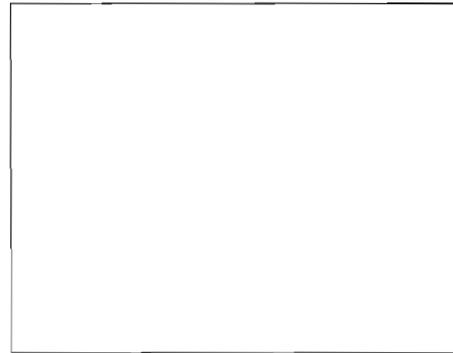
Chicken soup

Corn tortilla

Vegetable



Vegetable



Fruit



Add fruits and vegetables to these meals.

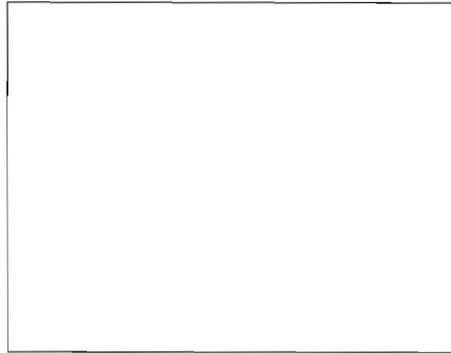
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DINNER

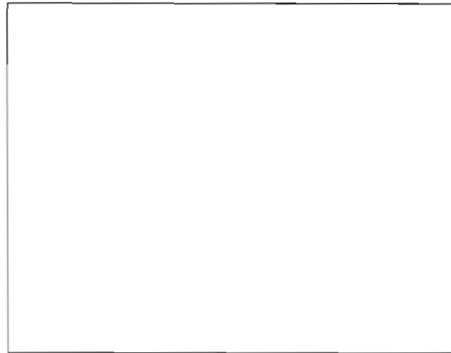
Baked pork

Brown rice

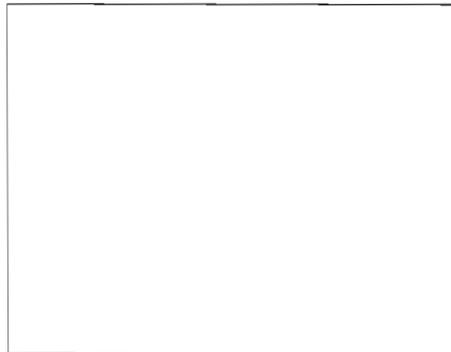
Vegetable



Vegetable



Fruit

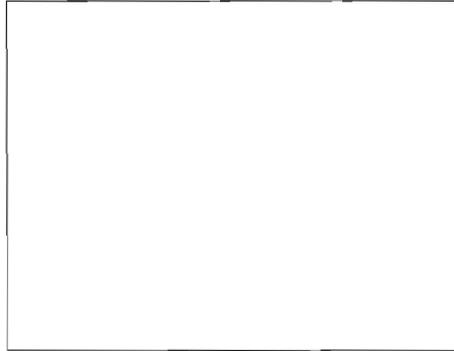


Add fruits and vegetables to these meals.

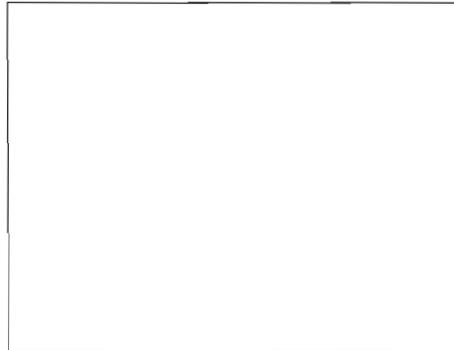
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SNACK

Vegetable



Fruit



Add fruits and vegetables to these meals.