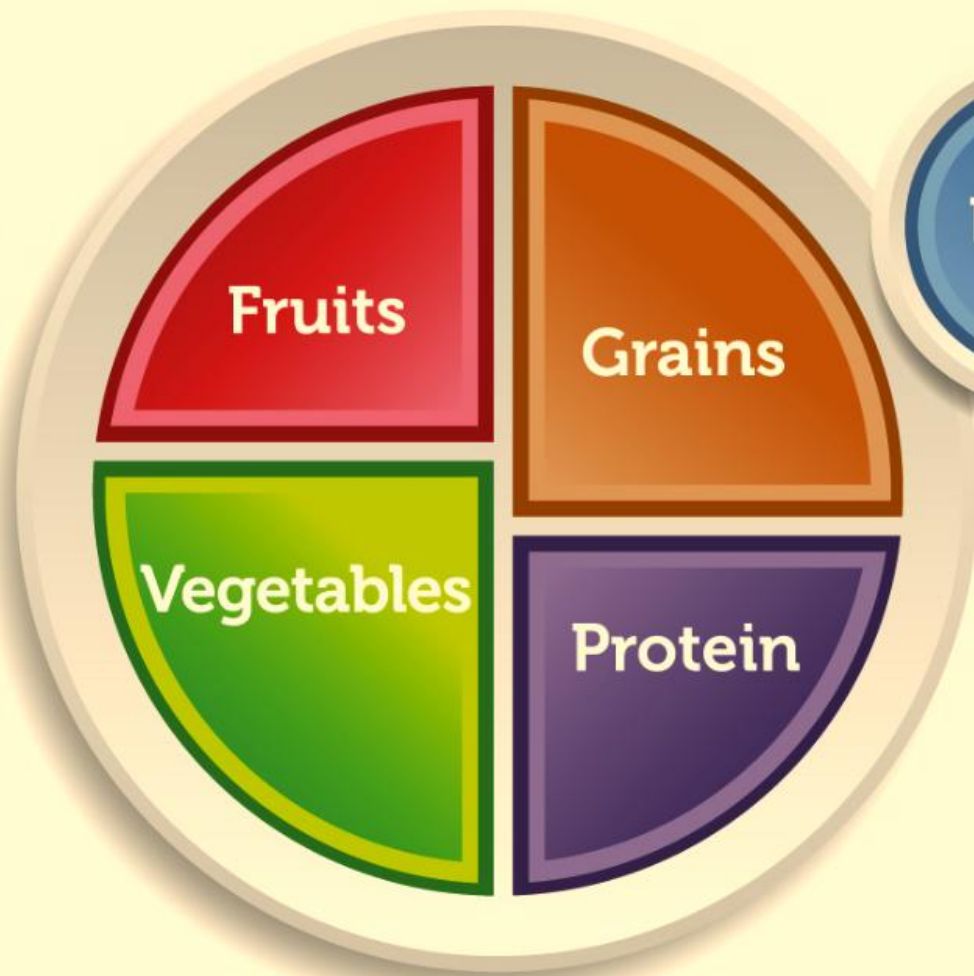




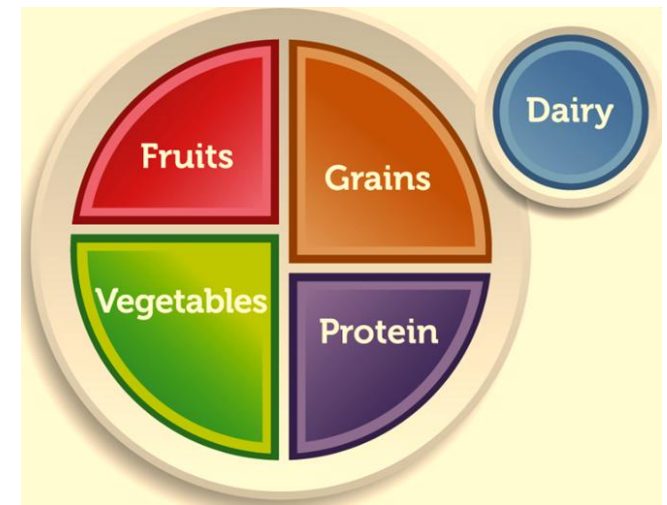
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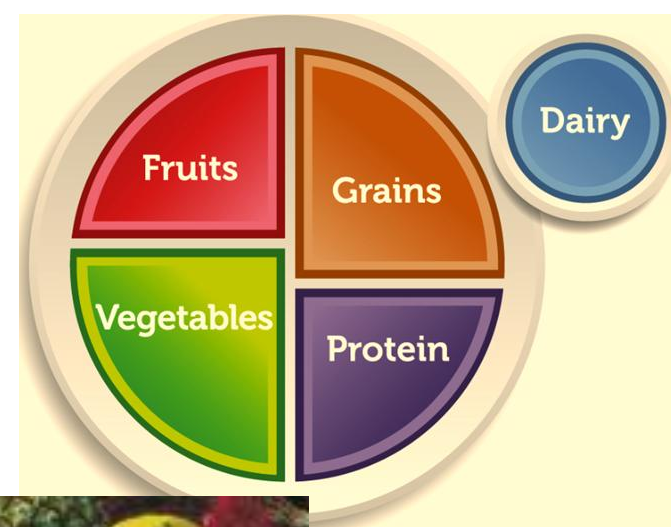


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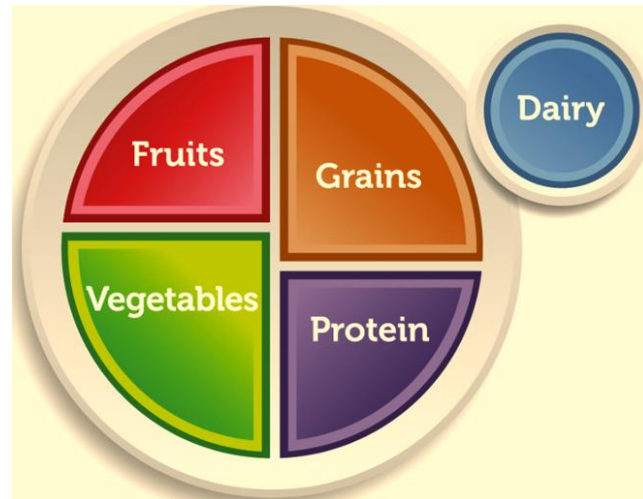
Vegetables



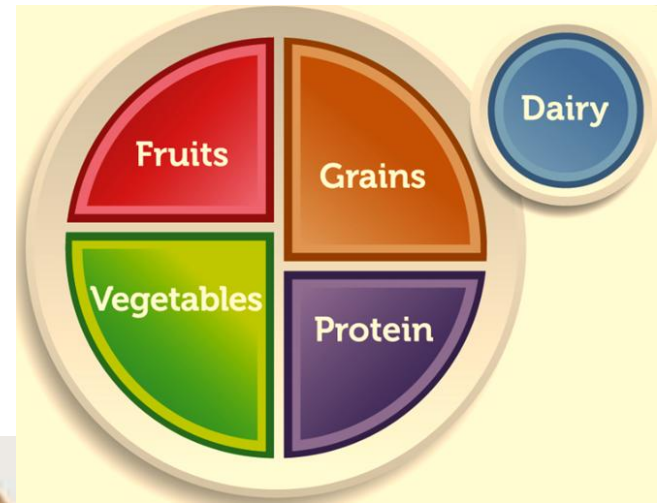
Fruits



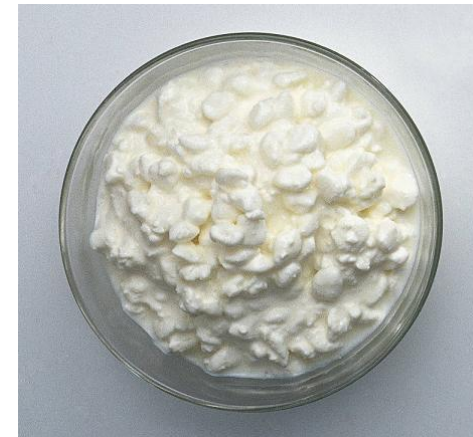
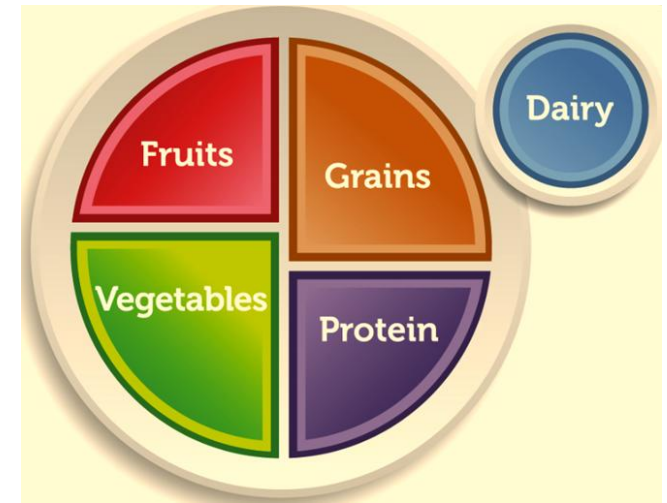
Grains and Whole Grains



Proteins



Dairy



Calcium Rich



Almonds - Protein



Broccoli – Vegetable



Kale - Vegetable



Tofu - Protein



Calcium Fortified Juice - Fruit



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Grilled Chicken



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Salsa

Photo courtesy of Chris Breeze



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