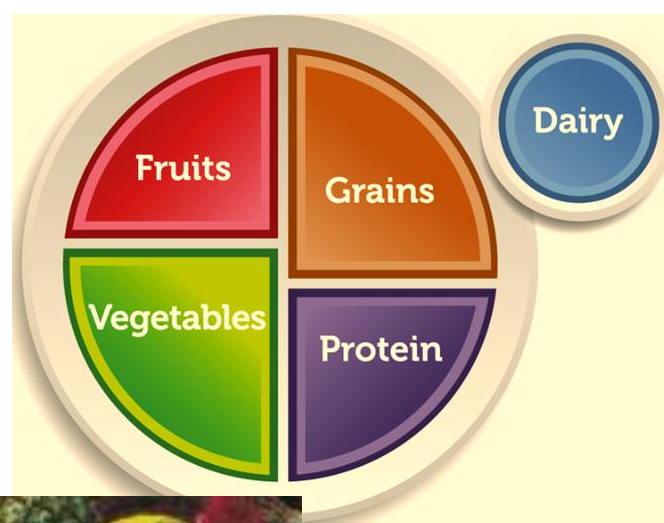








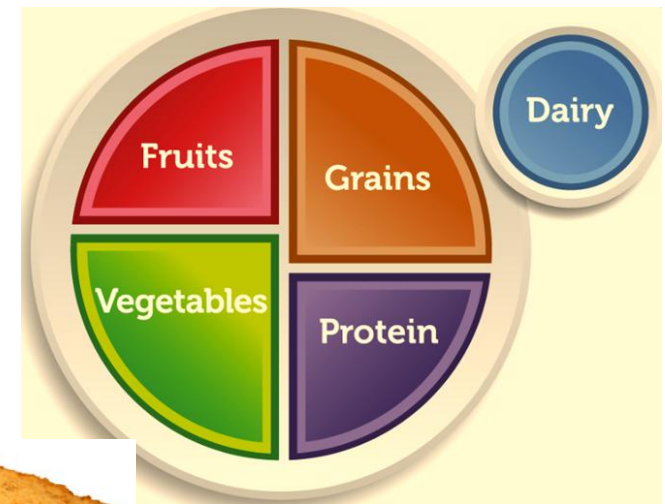
# Fruits





# Grains

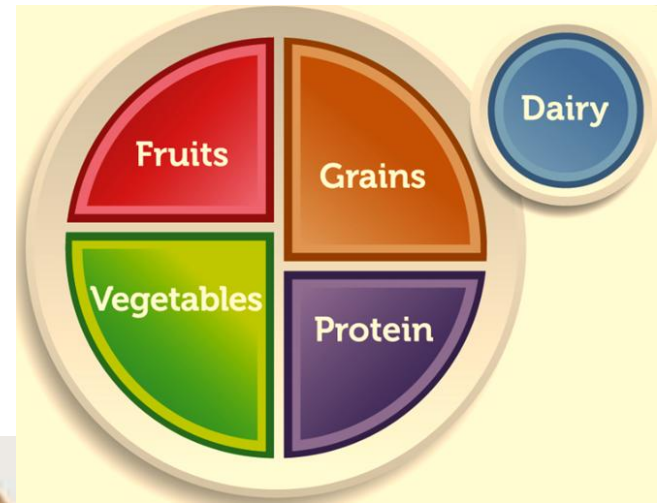
## Whole Grains





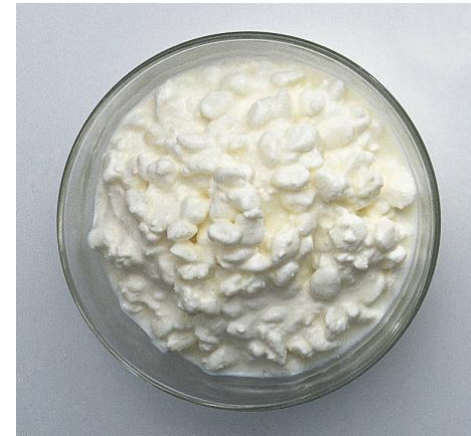
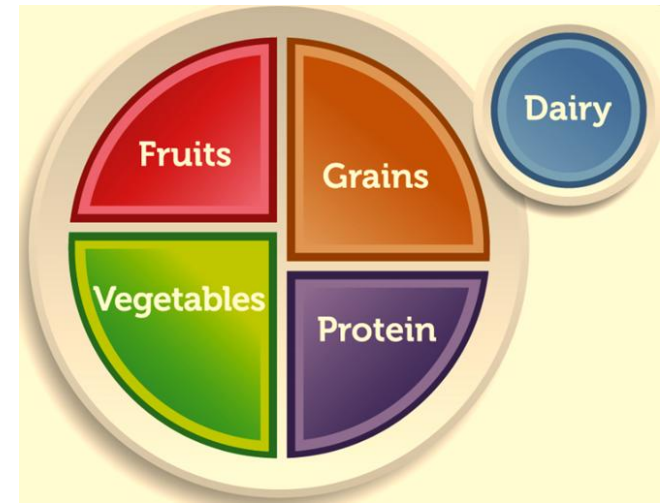


# Proteins





# Dairy





# Calcium Rich



Almonds - Protein



Broccoli – Vegetable



Kale - Vegetable



Tofu - Protein



Calcium Fortified Juice - Fruit









Grilled Chicken

Pollo a la Parrilla











# Salsa

Photo courtesy of Chris Breeze









