

Elementary Program

Food Group Food Card Information

Vegetables – Smile
Contain vitamins, minerals and fiber that nourishes our bodies

Artichoke
Asparagus
Avocado
Broccoli
Cabbage
Carrot
Cauliflower
Celery
Corn
Cucumber
Eggplant
Garlic
Lettuce
Onions
Peas
Peppers Pickles
Potatoes
Salsa
Squash
Spinach
Tomatoes

Fruits – Okay Symbol
Contain vitamins, minerals and fiber that nourishes our bodies

Apple
Bananas
Berries
Blueberries
Cantaloupe
Cherries
Grapes
Kiwi
Mango
Orange
Papaya
Peach
Pear
Pineapple
Plum
Strawberries
Watermelon

Protein – Flex Biceps
Muscles are made of protein

Almonds
Beans
Black Beans
Chicken (roasted and grilled)
Eggs
Fish
Lentils
Nuts
Pork Chops
Shrimp
Steak

Dairy – Point to teeth
Dairy helps build strong teeth and bones

Cheddar Cheese
Colby Jack Cheese
Cottage Cheese
Milk
Swiss Cheese
Yogurt

Grains – Pump arms like you are running in place
Grains give us energy

Bagel
Barley
Bread/Pita/Flat Bread/Rolls
Cereal
Crackers
Pasta
Rice Tortillas