

Dairy Group				
Vanilla Yogurt	Milk	Cheddar Cheese	Mozzarella Cheese	Cottage Cheese
Plain Yogurt	Strawberry Yogurt	Monterey Jack Cheese	Pudding	Low-Fat Frozen Yogurt

Grain Group				
Whole Wheat Sandwich Bread	Hamburger Bun	Whole Grain Cereal	Oatmeal	Taco Shell
Tortilla	Whole Grain Pasta	Waffle	Saltine Crackers	Graham Crackers

Vegetable Group				
Broccoli	Lettuce	Tomato	Yellow Squash	Celery
Carrots	Potato	Spinach	Sweet Potato	Corn

Fruit Group				
Apple	Banana	Apple Sauce	Orange Juice	Strawberries
Watermelon	Grapes	Mandarin Oranges	Blueberries	Mango

Meats/Beans/Nuts Group				
Hamburger	Chicken	Walnuts	Peanut Butter	Turkey Slices
Tuna	Black Beans	Fish Fillet	Egg	Pork Chop