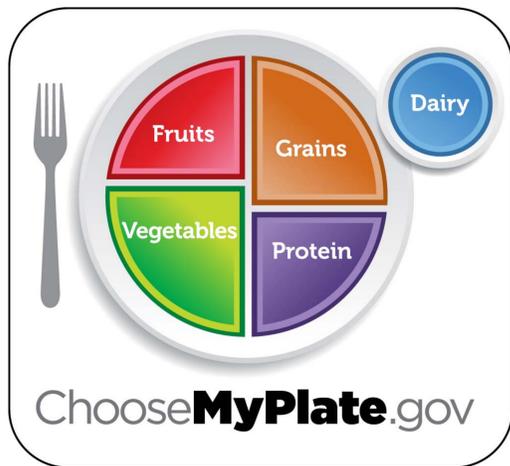


Red, Orange, Purple, Blue and Green...Make These Colors Your Routine!

Blue is for Dairy



Go for low fat or fat free milk and foods made with milk like...

Did you know?
Dairy foods give you calcium to build strong bones, muscles and teeth.



Yogurt



Flavored milk



Cheese



Pudding

Guess this Cheese!

Most kids like cheese! Did you know that there are many different kinds of cheese? See if you can guess the cheese below from the picture and riddle. Lift the flaps to see if you are correct.



Feta



Swiss



Cottage

Cafeteria Connections

Look in this pocket to find fun activities!

Smart Cafeteria Foods – Dairy

Look in this pocket to find smart cafeteria foods with dairy!