

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

Orange is for Grains

Go for whole grains like...

Popcorn



Whole wheat pasta



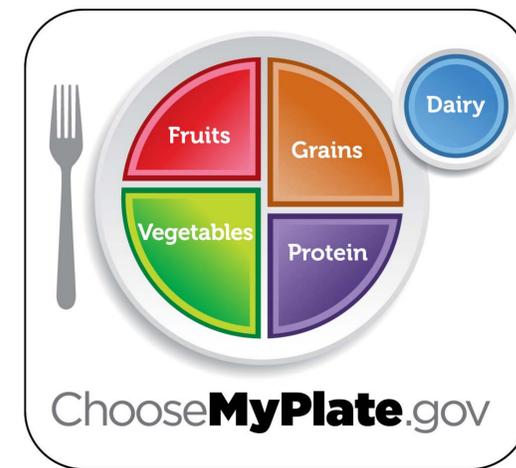
Oatmeal



Whole wheat bread



Brown rice



Guess This Grain!

What grains make up these cereals? Lift the flaps to see if you are correct.



A message from the Child Nutrition Program

Cafeteria Connections

Look in this pocket to find fun activities!

Look in this pocket to find a fun coloring page!

Smart Cafeteria Foods - Grains

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

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