Fuel up with fruits and veggies. And soar through your day like a rocket ship.

**Green is for Veggies**

Aim for dark green or orange veggies like...

- **Carrots**
- **Greens**
- **Sweet potatoes**
- **Broccoli**

**Guess this Veggie!**

See if you can guess the veggies below from the picture and riddle. Lift the flaps to see if you are correct.

- **Prickly Pear**
- **Bitter Melon**
- **Chayote**

Did you know?

“Rocket” is the name of a salad leaf. It is often called arugula in the U.S. Add it to your salad for a peppery kick!

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**Cafeteria Connections**

**Look in this pocket to find fun activities!**

**Smart Cafeteria Foods – Veggies**

**Look in this pocket to find smart cafeteria foods with veggies!**

A message from the Child Nutrition Program

This institution is an equal opportunity provider and employer.

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