

## INSTRUCTIONS

1. Cut out each item.
2. Add any food you feel is missing!
3. Pre-select the items you have on hand in the morning.
4. Help your kiddo pick at least one item per column.
5. Eat and be merry!



# MENU

**Veggies  
& Fruit**

Choose 1

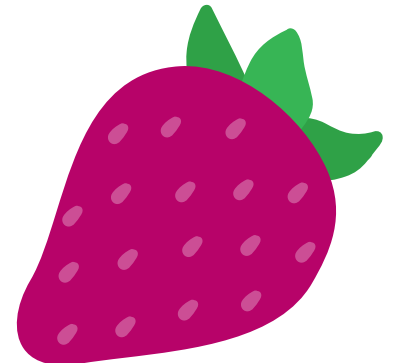
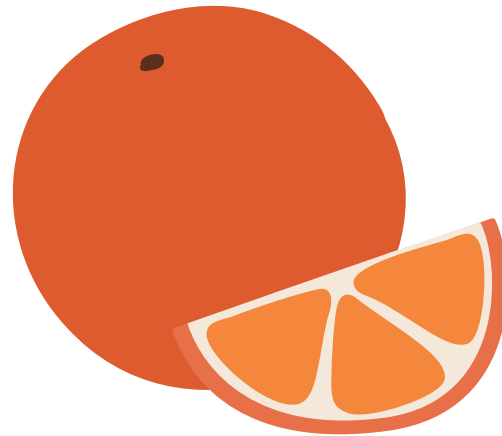
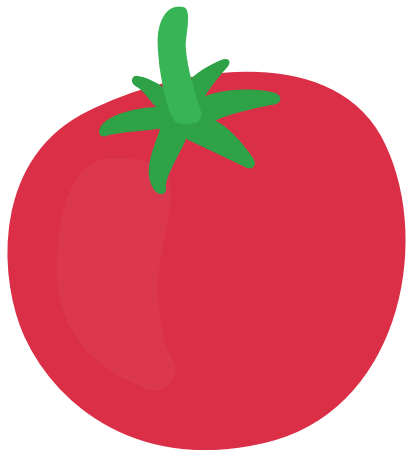
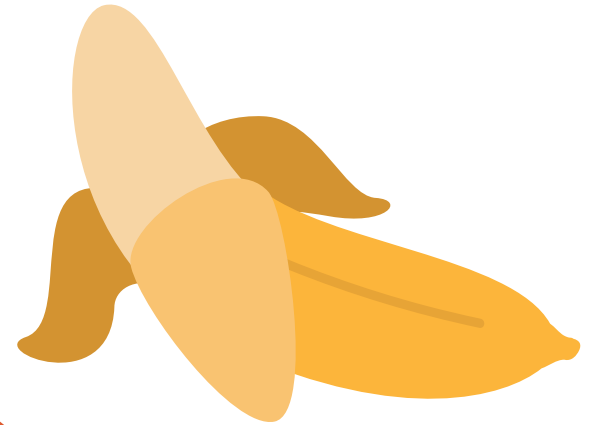
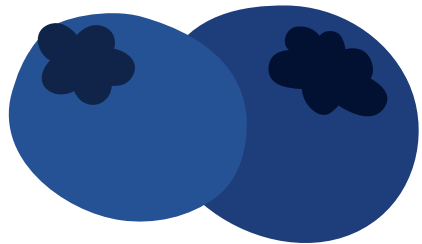
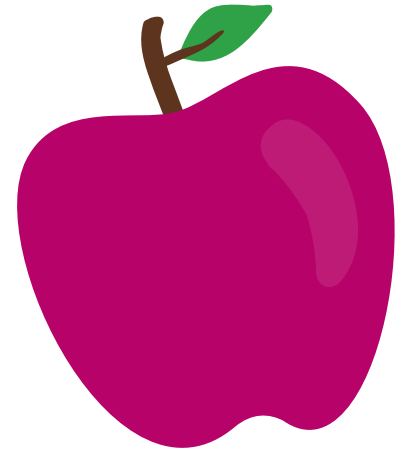
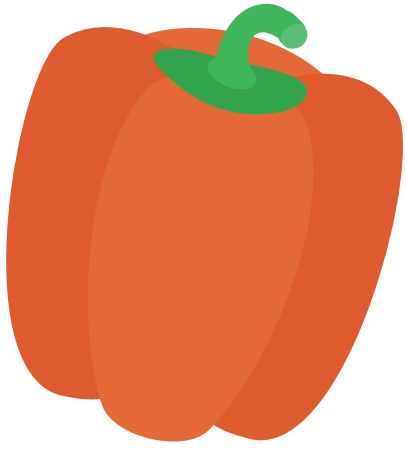
**Grains**

Choose 1

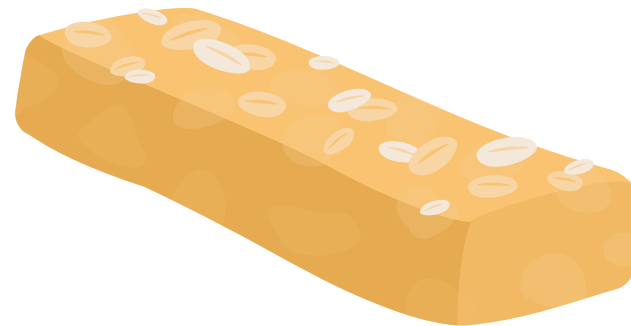
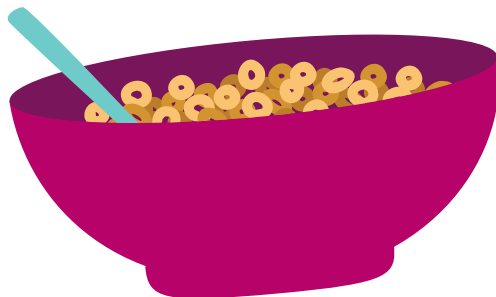
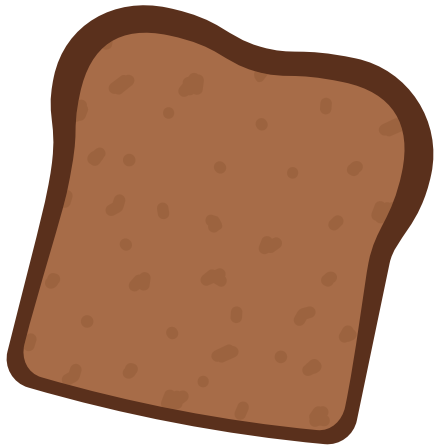
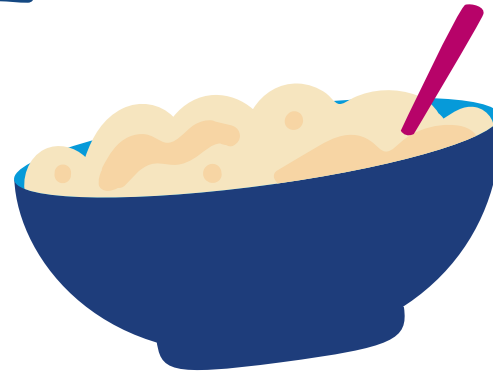
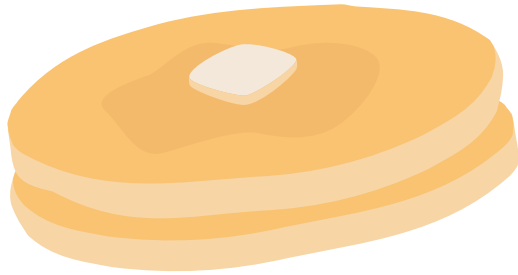
**Protein**

Choose 1

# Veggies & Fruit



# Grains



# Protein

