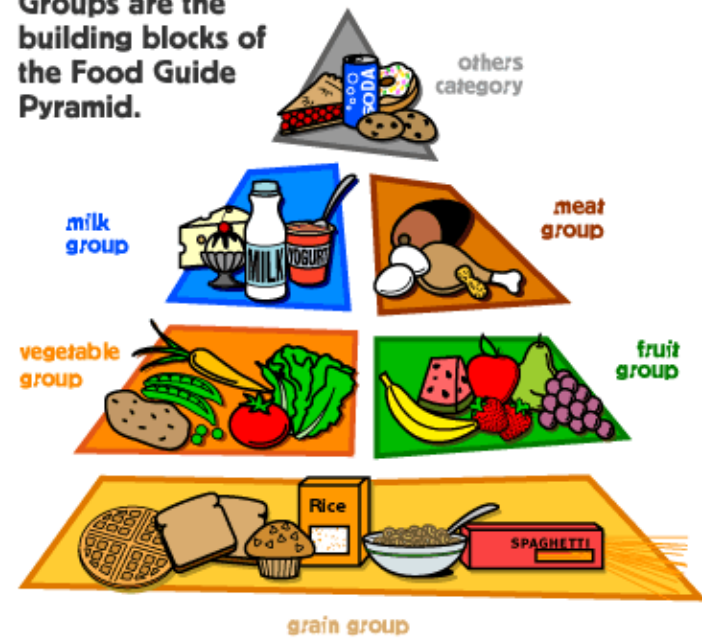


# Food Guide Pyramid

The Five Food Groups are the building blocks of the Food Guide Pyramid.

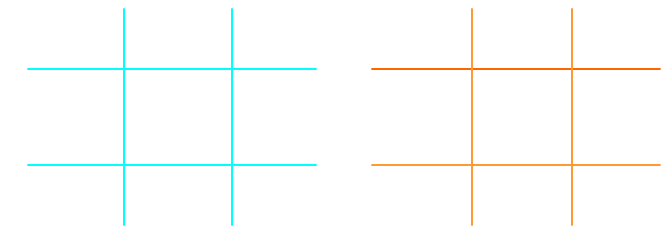


Circle the pictures that belong in the food group.  
If the picture does not belong, cross it out.

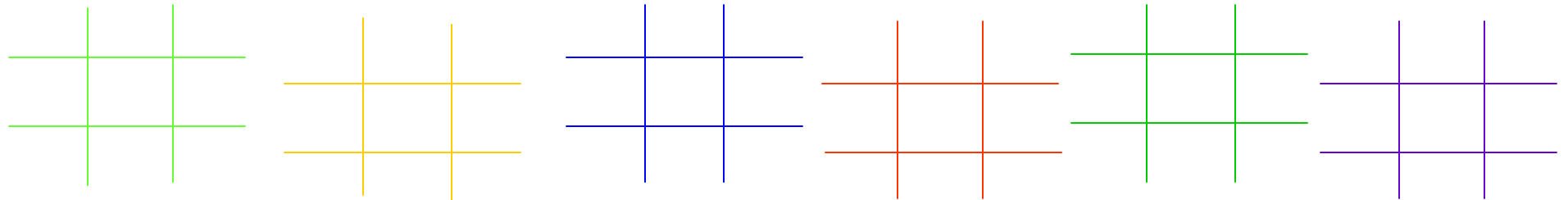
	Milk
	Fruits
	Vegetables
	Grains
	Meats



# FOR KIDS

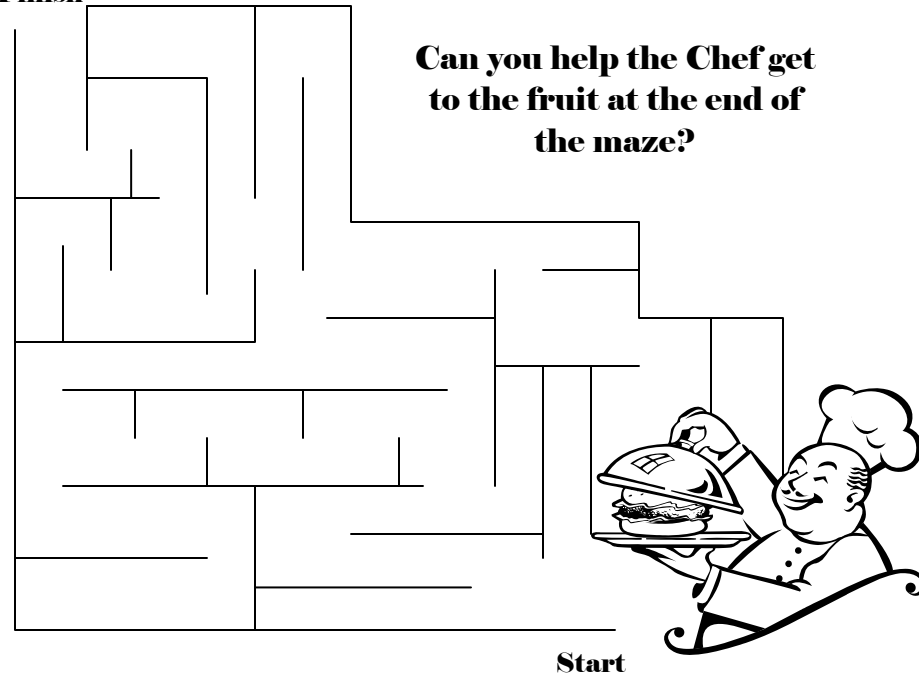


## Tic Tac Toe



Finish

Can you help the Chef get to the fruit at the end of the maze?



How many words can you make out of the letters in the word

**VEGETABLE?**

bat

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

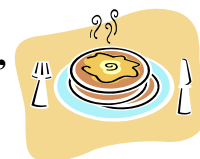
### Breakfast 6.95

**French Toast**  
Whole wheat bread, sugar free maple syrup, fresh fruit

**A to Z Breakfast**  
Two eggs, oven baked potatoes, fresh fruit, choice of bacon, sausage, ham or Canadian bacon

**Pancakes**  
With fresh fruit and your choice of bacon, sausage, ham or Canadian bacon

**Fresh Fruit Plate [low fat]**  
Low fat yogurt, seasonal fruit, house made granola



### Lunch and Dinner 8.95

Served with fresh fruit and choice of French fries or steamed broccoli

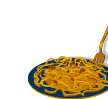
**Spaghetti and Meatballs**  
Lean ground beef, tomato sauce

**Grilled Cheese Panini**  
Aged cheddar, white bread

**Sliders**  
Lean ground beef, aged cheddar,

**Chicken Fingers**

**Cheese or Pepperoni Pizza**



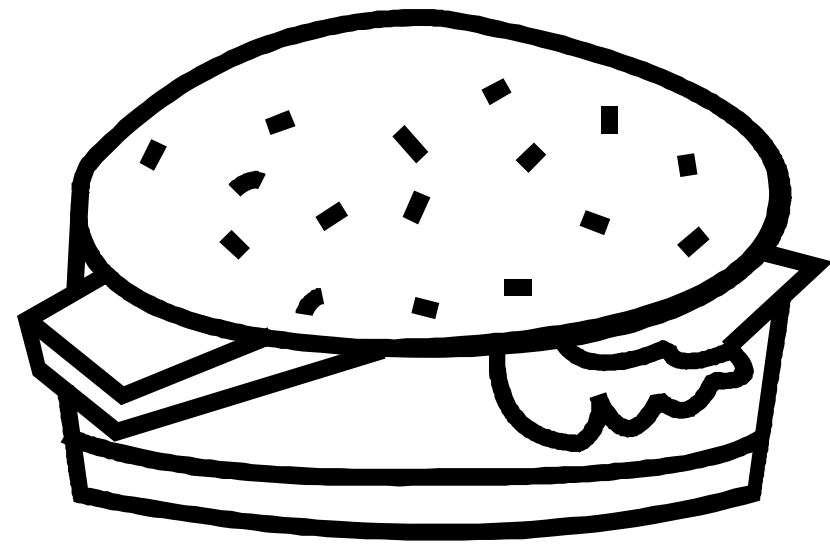
### Dessert 2.95

**Fresh Fruit Parfait [low fat]**  
Low fat yogurt, fresh berries, House made granola

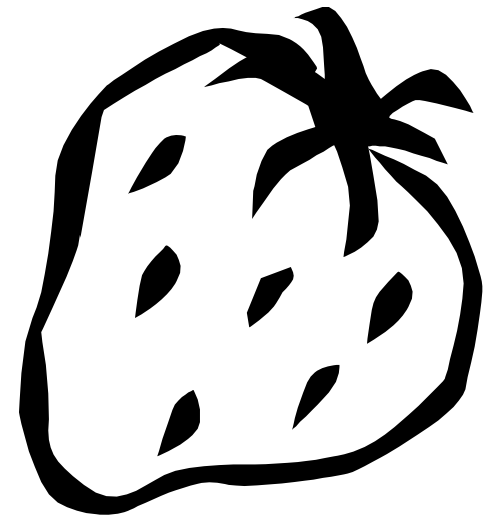
**Cookies and Milk**  
Chocolate chip cookies, 2% milk

**Ice Cream**  
Organic low fat Colorado ice cream with sliced strawberries

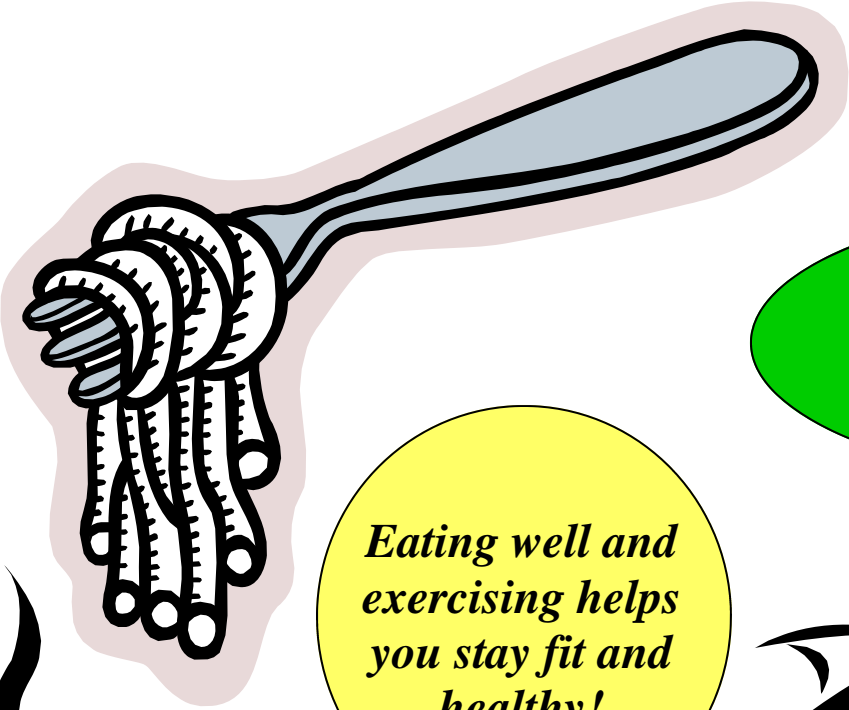




*Each American eats about 22 pounds of tomatoes every year.  
Over 1/2 of those tomatoes are eaten in the form of  
ketchup and tomato sauce!*

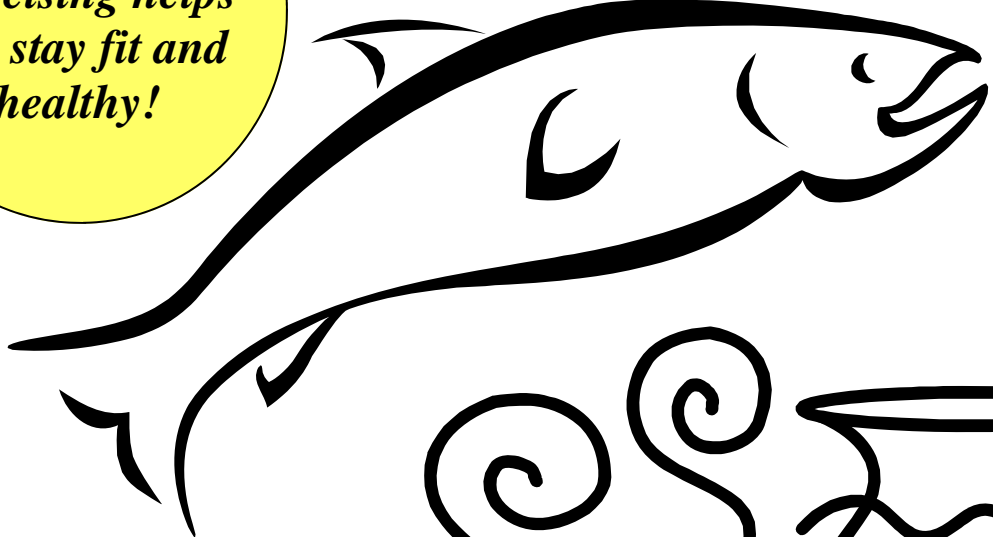
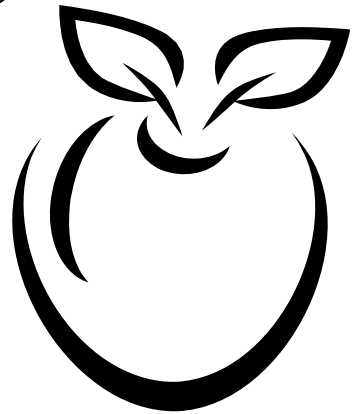


*Did you know there are  
over 400 varieties of  
natural cheeses?*

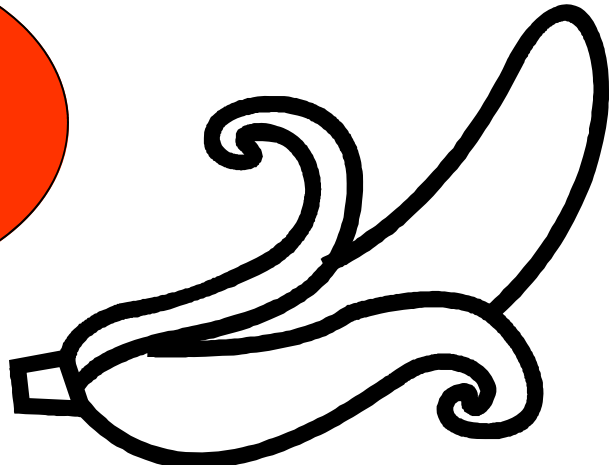


*Did you know that  
potatoes are only 20%  
solid and 80% water?*

*Eating well and  
exercising helps  
you stay fit and  
healthy!*



*The Average  
American drinks  
25 gallons of  
milk per year.*



*Did you know  
that Brazil  
Nuts are only  
grown in Rain  
Forests?*



**Use the crayons provided to color the pictures!**