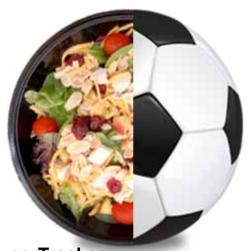


Healthy Diets & Active Lifestyles



SuperTracker:

My foods. My fitness. My health.

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead. www.supertracker.usda.gov

	Mon	Tues	Wed	Thurs	Fri	
>				Cottage Cheese Tortilla Chips Salsa Cup Orange Milk	Deli Turkey Bun Fruit Cucumber Milk	
	5 Yogurt/Cheese Stick Pretzels Zucchini Apple Milk	Deli Ham Wheat Bread Carrots Grapes Milk	7 Peanut Butter Crackers Celery Sticks Melon Milk	Bagel Peanut Butter Cheese Stick Grape Tomatoes Banana Milk	9 Deli Turkey & Cheese Wheat Thins Small Lettuce Salad Strawberries Milk	
	Uncrustable Cheese Stick Apple Slices Carrots Milk	Two Cheese Sticks Blueberry Muffin Raisins Grape Tomatoes Milk	Yogurt/Granola Peanut Butter Crackers Broccoli Banana Milk	Cottage Cheese Tortilla Chips Salsa Cup Orange Milk	Deli Turkey Bun Fruit Cucumbers Milk	
	Yogurt/Cheese Stick Pretzels Zucchini Apple Milk	Deli Ham Wheat Bread Carrots Grapes Milk	21		23 SGIVING BREAK EMBER 21-23	
	Uncrustable Cheese Stick Apple Slices Carrots Milk	Two Cheese Sticks Blueberry Muffin Raisins Grape Tomatoes Milk	Yogurt/Granola Peanut Butter Crackers Broccoli Banana Milk	Cottage Cheese Tortilla Chips Salsa Cup Orange Milk	Deli Turkey Bun Fruit Cucumber Milk	