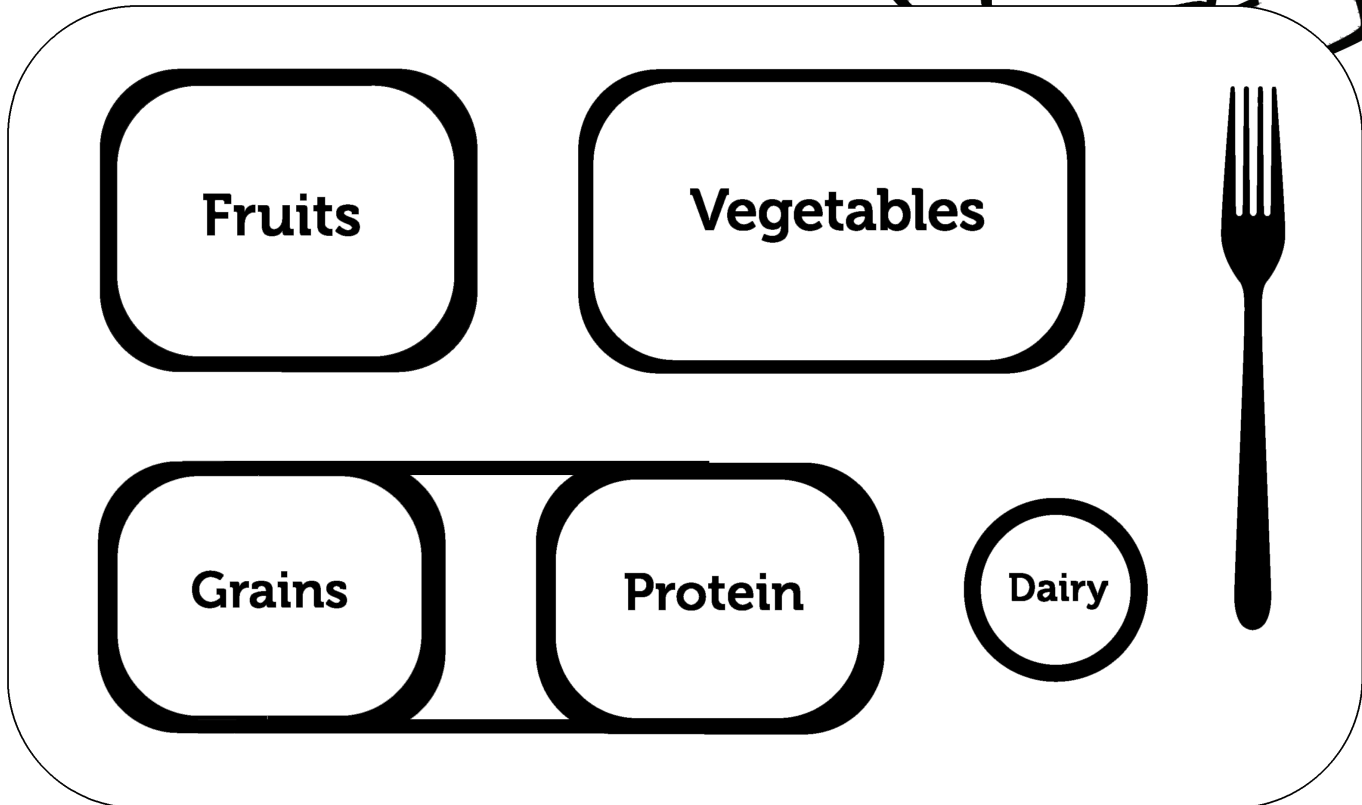


**Hey Kids!**  
 Help Me Color  
 The Pflugerville ISD  
 Elementary Lunch Tray!



**Using the MyPlate Colors,  
 Color in your tray!**

Fruits (RED), Vegetables (GREEN), Grains  
 (ORANGE), Protein (PURPLE), and Dairy (BLUE)



**Draw or write in your favorite  
 foods on the tray, too!**

Chicken Taco  
 Applesauce  
 Cheese Pizza  
 BBQ Chicken  
 Milk  
 Green Beans  
 Baby Carrots  
 Orange Slices  
 Broccoli

Ham Sandwich  
 Cucumber  
 Chicken Nuggets  
 Sliced Peaches  
 Diced Pears  
 Hamburger  
 Sweet Corn  
 Baked Beans  
 Mixed Fruit Medley

**A Pflugerville Student Lunch Tray!**

Students must take 3-5 Components: Fruits (RED),  
 Vegetable (GREEN), Grain (ORANGE), Protein  
 (PURPLE), and Dairy (BLUE)

AT LEAST one (1) component must be a fruit or  
 vegetable. Main items (Like sandwiches) count as two (2)  
 components - Grain & Protein. Students have a choice  
 between 1% white milk and skim chocolate milk.