I Ate My 5 Food Groups

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruit 2-4 servings			***				
Vegetables 4-9 servings							
Grains 3-7 servings	F. C.		THE STAND			The state of the s	F. C.
Dairy 2-3 servings		MIK	ME	MIK	MIK	NAME OF THE PROPERTY OF THE PR	NAME OF THE PROPERTY OF THE PR
Meat, Fish, Beans, Eggs, Nuts							