Fruits

jam

strawberries

apple

oranges
Fruits
- banana
- grapes
Protein
- shrimp
- chicken
Protein

- lunch meat
- beans

Protein

- hamburger

Vegetables

- carrots
Vegetables

cauliflower

broccoli

green beans

corn
Dairy
- milk
- yogurt
- cheese
- shredded cheese
Dairy

pudding

Grains

muffin

Grains

cereal

Grains

rice
Grains

bread

tortilla