
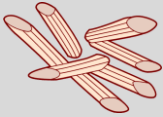




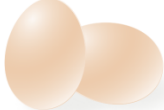
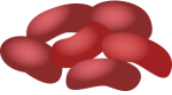









FOR ADULTS

LUNCH


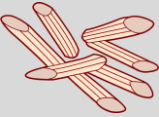




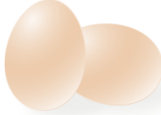
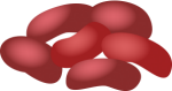






<p>GRAIN 2 servings*</p>	 <p>Bread 2 slices</p>	 <p>Pasta 1 cup</p>	 <p>Rice 1 cup</p>	 <p>Tortilla 1 large tortilla</p>
<p>PROTEIN** 2 oz.</p>	 <p>Chicken, Beef, Fish 2 oz.</p>	 <p>Cheese 2 oz.</p>	 <p>Eggs 2 eggs</p>	 <p>Beans ½ cup</p>
<p>FRUIT ½ cup</p>	 <p>Any fresh fruit ½ cup</p>	 <p>Any canned fruit ½ cup</p>	 <p>100% Juice ½ cup</p>	
<p>VEGETABLE ½ CUP</p>	 <p>Any fresh vegetable ½ cup</p>	 <p>Any canned vegetable ½ cup</p>	 <p>Any frozen vegetable ½ cup</p>	
<p>MILK 1 cup</p>	 <p>1% or Skim Milk 1 cup (8 fl. oz.)</p>			

*A serving is different depending on what kind of food it is. Contact Partners in Nutrition if you need help figuring out how much to give.

**Some foods have both meat and grain; for example, chicken nuggets. Contact Partners in Nutrition for help on counting these types of foods.

FOR ADULTS

SUPPER

<p>GRAIN 2 servings*</p>	 <p>Bread 2 slices</p>	 <p>Pasta 1 cup</p>	 <p>Rice 1 cup</p>	 <p>Tortilla 1 large tortilla</p>
<p>PROTEIN** 2 oz.</p>	 <p>Chicken, Beef, Fish 2 oz.</p>	 <p>Cheese 2 oz.</p>	 <p>Eggs 2 eggs</p>	 <p>Beans ½ cup</p>
<p>FRUIT ½ cup</p>	 <p>Any fresh fruit ½ cup</p>	 <p>Any canned fruit ½ cup</p>	 <p>100% Juice ½ cup</p>	
<p>VEGETABLE ½ CUP</p>	 <p>Any fresh vegetable ½ cup</p>	 <p>Any canned vegetable ½ cup</p>	 <p>Any frozen vegetable ½ cup</p>	

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