**PA Announcements**Eating lunch today? What’s on your Tray? Did you know that foods in the MyPlateGrain Group like wheat, rice, oats, cornmeal and barley provide important nutrients such as B vitamins, minerals and fiber? Whole grains may help reduce the risk for heart disease and some cancers as well as help with weight management. That’s why it’s so important to make sure you eat at least three ounces of whole grains everyday!  
  
What’s on Your Tray? Foods in the MyPlate Vegetable Group provide important nutrients such as potassium, folate, vitamin A, vitamin C, vitamin E and fiber, and may help reduce the risk for heart disease, type 2 diabetes and certain cancers. Make sure you get all of those important nutrients by eating vegetables with your meals and for snacks!  
  
Did you know? Milk, cheese and yogurt in the MyPlate Dairy Group provide nine essential nutrients such as calcium, potassium, vitamin D and protein. These nutrients help build strong bones and healthy teeth! Make sure milk is on your tray today!  
  
Need a boost? The MyPlateProtein Group includes meat, poultry, fish, dry beans and peas, eggs, nuts and seeds. Foods in this group provide important nutrients such as protein, B vitamins, iron and zinc needed to boost the immune system, build and repair muscle, fuel activity and help your brain function. Always remember to choose lean meats to get the most nutrients for the fewest calories.  
  
Who doesn’t love fruit? It provides important nutrients such as potassium, folate, vitamin C and fiber, and may help reduce the risk for heart disease, type 2 diabetes and certain cancers. Fruit is sweet, delicious and good for you. Remember to include foods from the MyPlate Fruit Group on your tray every day!

**What's On My Tray?:   
PA Announcements**

**Menu Blurbs**

**What's On My Tray?:   
Menu Blurbs**

What’s on your tray? Wheat, rice, oats, cornmeal, barley or another cereal grain….those are all foods in the MyPlateGrain Group that provide important nutrients such as B vitamins, minerals and fiber. It’s recommended to eat whole grains for at least HALF of your servings in this group. Whole grains may help reduce the risk for heart disease and some cancers as well as help with weight management.   
  
Variety is key! From asparagus to zucchini, you'll reap a bounty of vitamins and minerals when you choose from a colorful variety of vegetables. To get the most nutrients from your calories… don’t forget to include foods from the MyPlate Vegetable Group on your tray everyday!   
  
To get the most nutrition for the fewest calories from foods in the MyPlateFruit Group, always remember to choose fresh, frozen or canned fruit in water varieties. If you are looking for fruit juice always choose the 100% variety without added sugar!  
  
What’s on your tray today? MyPlate recommends three cups of nutrient-rich, low-fat or fat-free milk (or equivalents like yogurt and cheese) daily. Getting three servings of dairy each day is easy… try a yogurt smoothie for breakfast, a glass of low-fat or skim milk with lunch and a low-fat cheese stick for an afternoon snack. Simple!  
  
Foods in the MyPlate Protein Group provide important nutrients such as protein, B vitamins, iron and zinc needed to boost the immune system, build and repair muscle, fuel activity and help your brain function. Remember to include lean meats and skinless chicken on your tray today to get the most nutrients out of the fewest calories. And…don’t forget to vary your protein choices with fish, beans, eggs, nuts and seeds!