

What's On My Tray Menu Challenge

1. Check out your school lunch menu for nutrient-rich foods.
2. Choose the nutrient-rich food of the day with your lunch.*
3. Have the cafeteria check off your What's on My Tray Menu Challenge tracker.
4. Turn in your tracker when it's complete.



Milk, Yogurt & Cheese

Low-fat Milk

Low-fat Yogurt

Cheddar Cheese

Mozzarella Cheese

Cottage Cheese

Fruits

Red

Orange

Yellow

Green

Purple

Vegetables

Red

Dark Green

Dark Orange

Yellow

Brown/White

Whole Grains

Bread or Roll

Pita

Wrap or Tortilla

Oatmeal or Granola

Brown Rice

Meat & Beans

Nuts or Beans

Lean Pork
Chicken or
Beef

Fish or
Seafood

Soy or Tofu

Egg

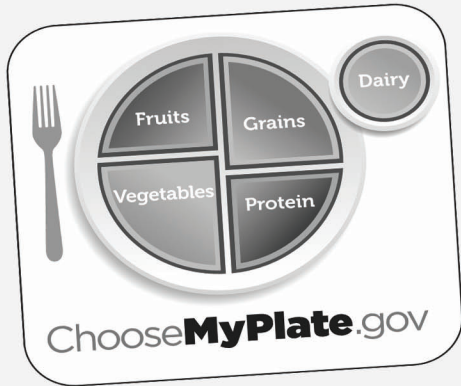


Name: _____

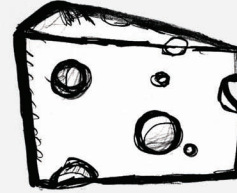
School: _____

Classroom: _____

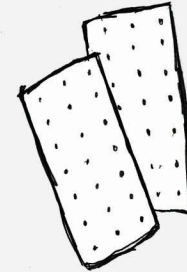
*Students with food restrictions may select another nutrient-rich food when necessary.



Dairy Group: Provides calcium, potassium, vitamin D and protein



Grain Group: Provides B vitamins, minerals and fiber



Nutrient-rich foods from every group give you the most vitamins, minerals and other nutrients and the least calories.

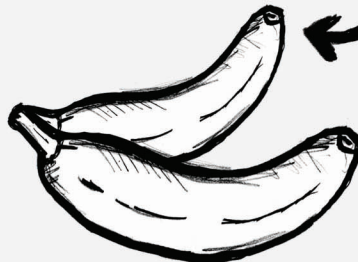
- Brightly colored fruits and 100% fruit juices
- Vibrant colored vegetables and potatoes
- Whole, fortified and fiber-rich grain foods
- Low-fat and fat-free milk, cheese and yogurt
- Lean meat, poultry, fish, eggs, beans and nuts

Vegetable Group: Provides potassium, folate, vitamin A, vitamin C, vitamin E and fiber

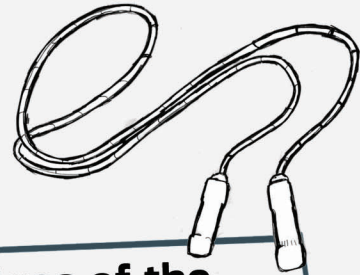


Protein Group: Provides protein, B vitamins, iron and zinc

Fruit Group: Provide potassium, folate, vitamin C and fiber



Shop along the edges of the grocery store and get the best nutrition for the money you spend.



FUEL UP



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