## 1 Ate My 5 Food Groups

Daily	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	My Rewards
Fruit 2-4 Servings	29							
Vegetables 4-9 Servings		0		60				
Grains 3-7 servings	on trought					13	11 12 02 14	
Dairy 2-3 Servings	W MIK	0000	St.	To large	1			
Meat, Fish, Beans, Eggs, Nuts 2-3 Servings						HEINZ BAKED BEANS Material Market ST.		
Sky Juice (Water)		0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		0 0 0 0 0 0		000000		

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