



freshpick  
for better health



1 Apple or Orange =  $\frac{1}{2}$  Cup Fruit



6 Carrot Sticks =  $\frac{1}{2}$  Cup Vegetable



1 Box of Raisins =  $\frac{1}{2}$  Cup Fruit



6 Celery Sticks =  $\frac{1}{2}$  Cup Vegetable



1 Cup Salad =  $\frac{1}{2}$  Cup Vegetable



6 Broccoli Florets =  $\frac{1}{2}$  Cup Vegetable

Try 1 or 2 Scoops of  
**Fruits & Vegetables for a 5 Star Meal.**



This institution is an equal opportunity provider.