








Fruit	Vegetable	Fruit	Snack
			
<b>Raspberries</b>  1 cup123g	<b>Broccoli</b>  1 cup chopped91g	<b>Clementines</b>  1 fruit74g	<b>Salted Popcorn</b>  1 cup11g
Breakfast Cereal	Vegetable	Eggs or Dairy	Eggs or Dairy
			
<b>Cereals Ready-To-Eat, GENERAL MILLS, CHEERIOS</b> 1 cup (1 NLEA serving)28g	<b>Cucumber, With Peel</b>  ½ cup slices52g	<b>Egg, Whole, Cooked, Scrambled</b>  1 large61g	<b>Egg, Whole, Cooked, Omelet</b>  1 tbsp15g