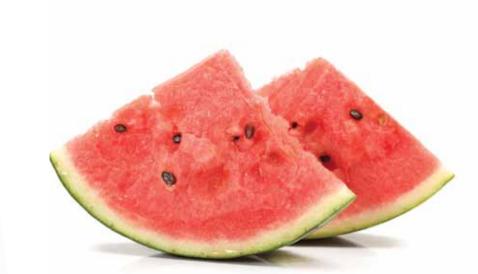
MAKE YOUR PLATE A RAINBOW OF FRUITS & VEGETABLES





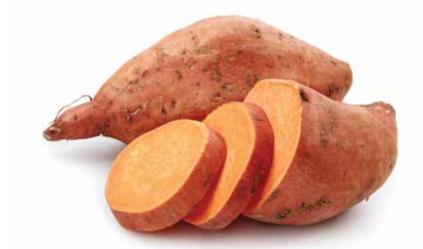






















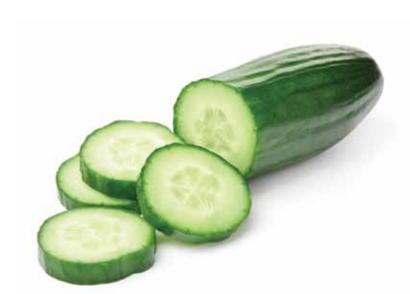
























FILL HALF YOUR PLATE WITH FRUITS & VEGETABLES EVERY DAY.

SCHOOL MEALS: MY PLATE MY CHOICE



USDA and **MSDE** are equal opportunity providers

YOURTICKETTO Low-Fat Milk BROUGHT TO YOU BY MARYLAND SCHOOLS

Fuel your body. Power your mind.

SCHOOL MEALS:
MYPLATE MY CHOICE



USDA and MSDE are equal opportunity providers