

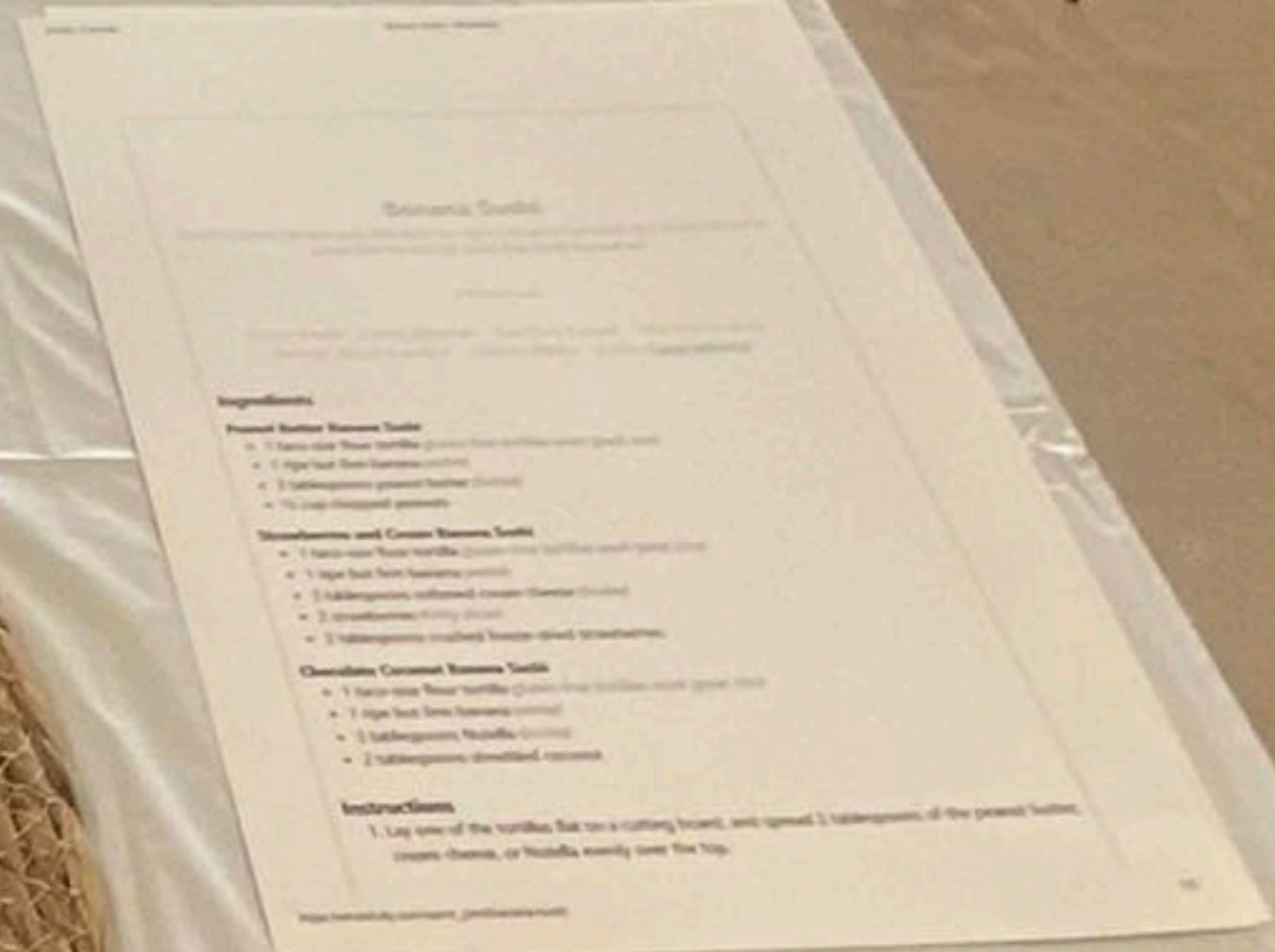






Start Simple with MyPlate Plan

Food Group	Amount	Examples
Grains	1/2 cup	Brown rice, whole wheat bread, oatmeal
Vegetables	1/2 cup	Broccoli, spinach, carrots, tomatoes
Fruits	1/2 cup	Apples, bananas, berries, oranges
Protein	1/4 cup	Chicken, fish, tofu, beans, eggs
Dairy	1/4 cup	Milk, yogurt, cheese, ice cream





FAITH
unsinkable

SHOWTIME

MOVIE NIGHT

THEATRE
ADMIT ONE

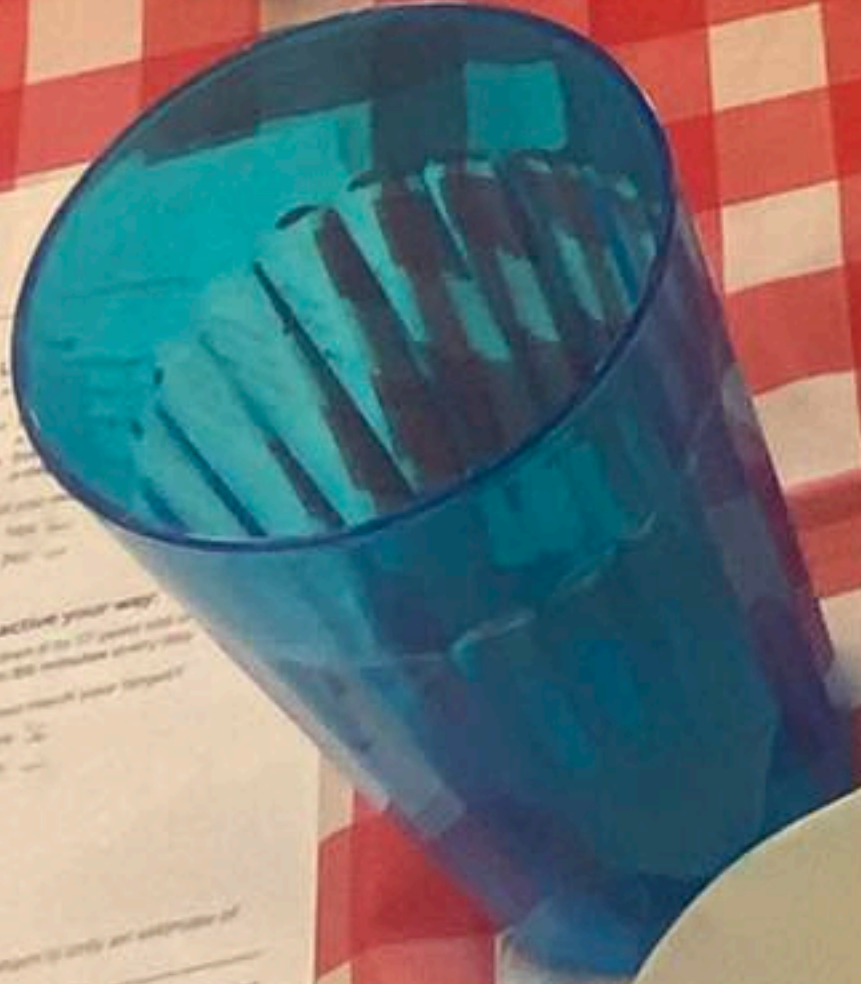
MOVIE NIGHT
ADMIT ONE

Milk Duds

TICKET

TICKET

CHERRY COUNTY 4-H



Small table with text and graphics, partially obscured.

Plate Plan

...effects that add up over time. It's ...or fortified soy alternatives. When ...every bite count.

for Ages 9 to 13 Years

	Dairy 3 cups
	Protein 6 1/2 ounces

your protein needs to ... Move to low-fat or fat-free dairy milk or yogurt for lactose-free dairy or fortified soy versions. Look for ways to include dairy or fortified soy alternatives at meals and snacks throughout the day.











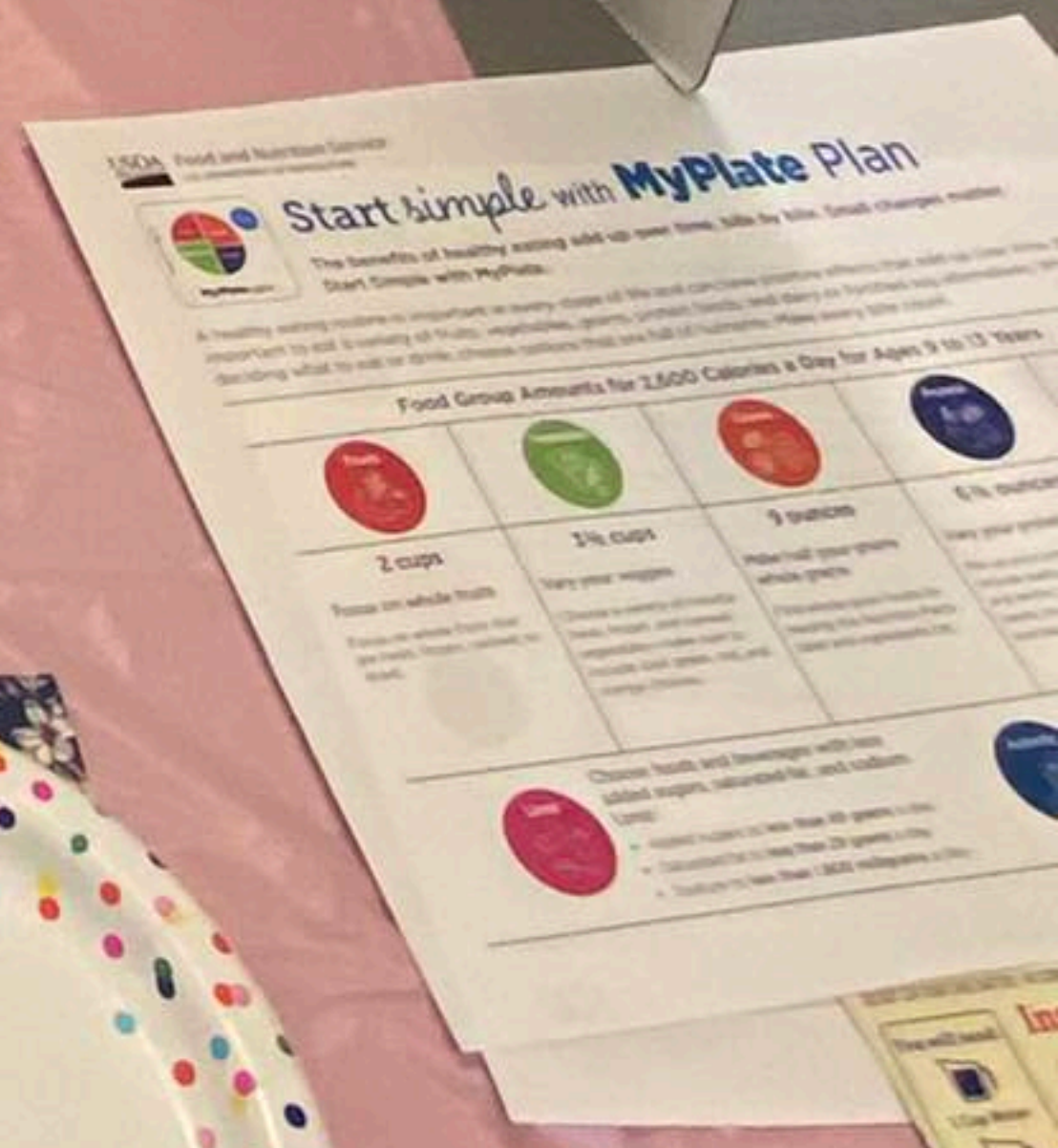
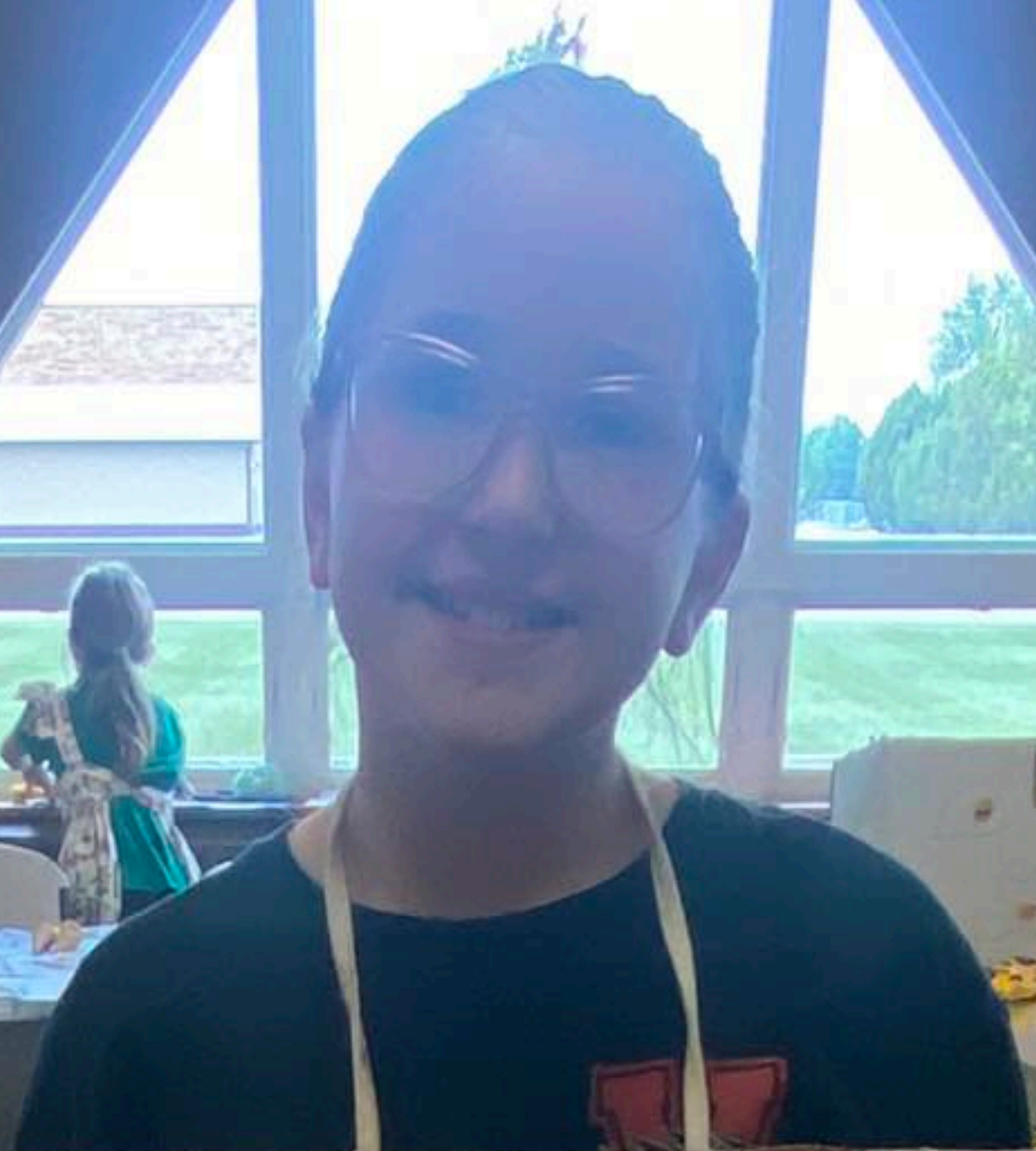


CHERRY COUNTY 4-H
SPECIAL PONIES ADVANCE
Intermediate Champion

CHERRY COUNTY 4-H
SPECIAL PONIES ADVANCE
Intermediate Champion

CHERRY COUNTY 4-H

CHERRY COUNTY 4-H
SPECIAL PONIES ADVANCE
Intermediate Champion



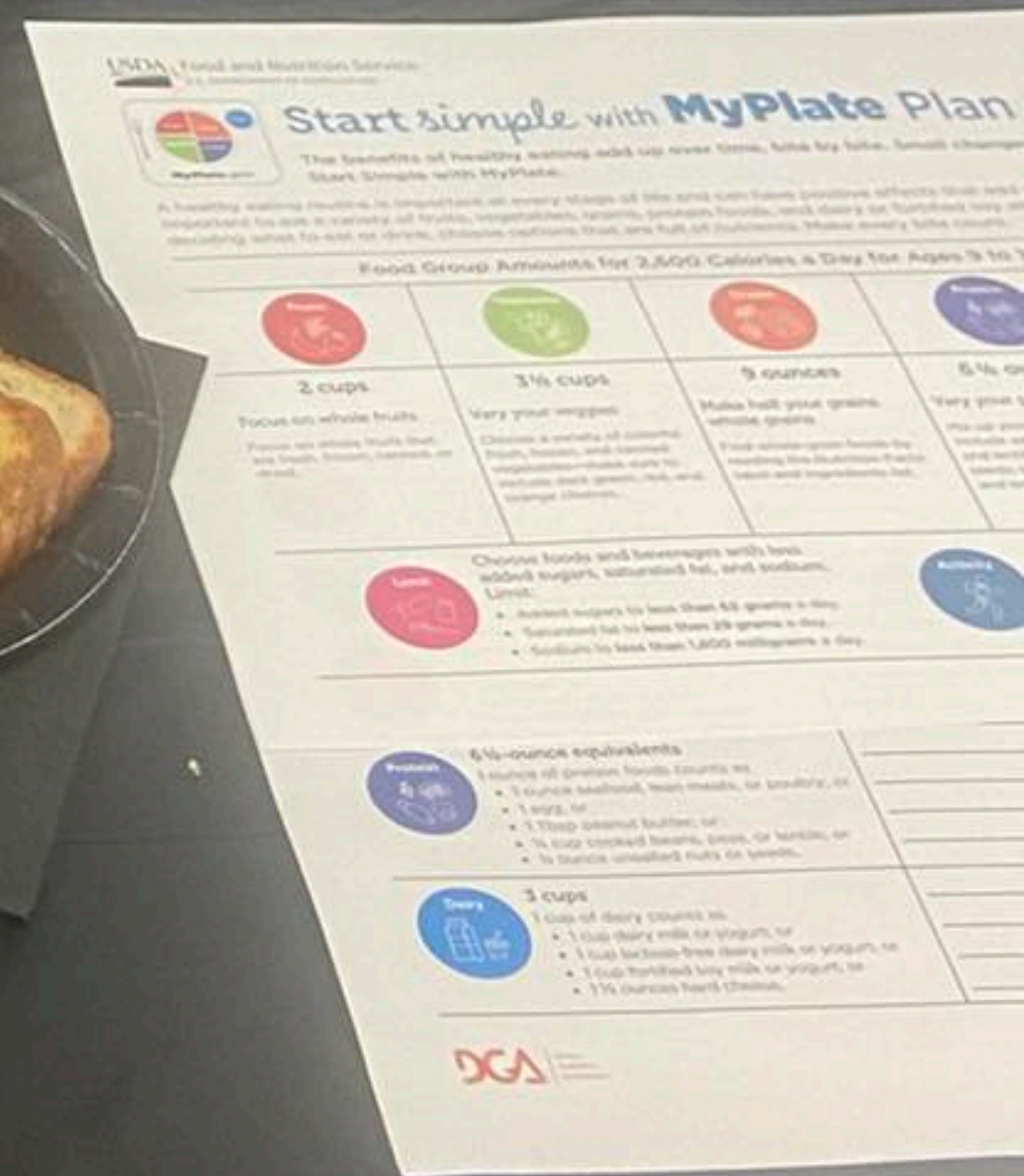




Picnic Menu
Lunch Meat Sandwich
Carrot Sticks
Strawberries
Energy Bites
Water

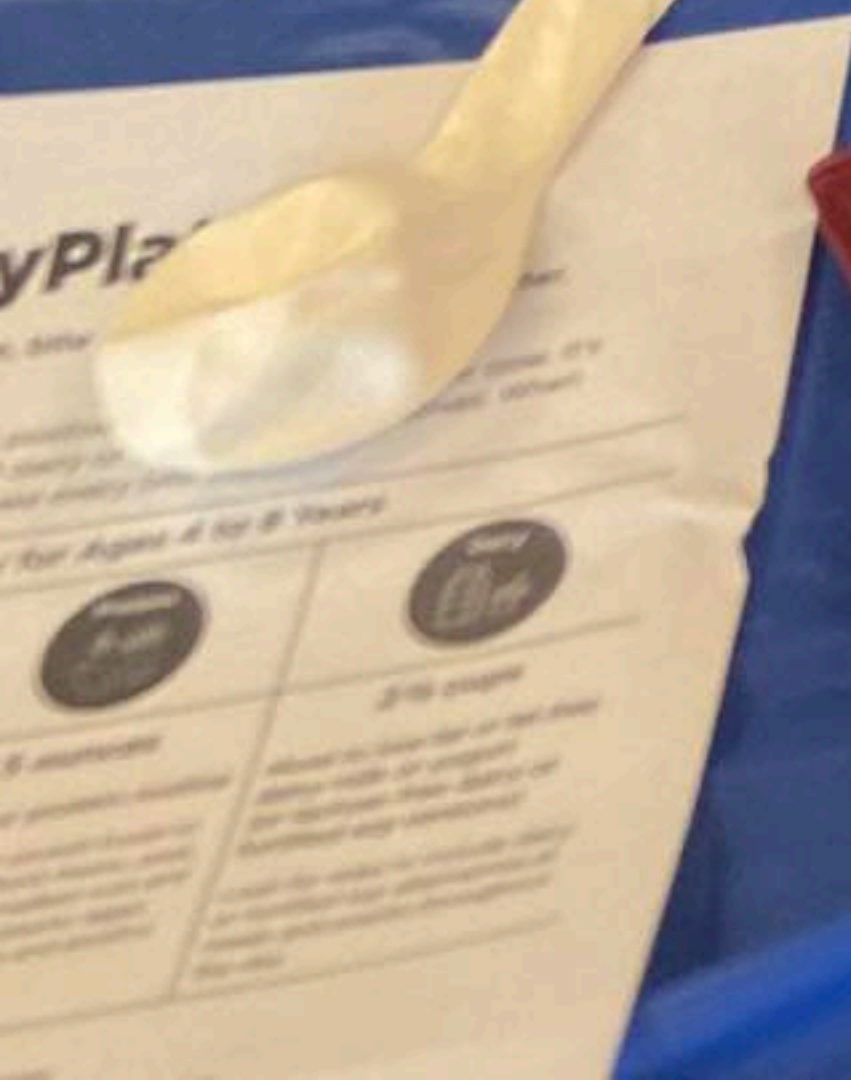
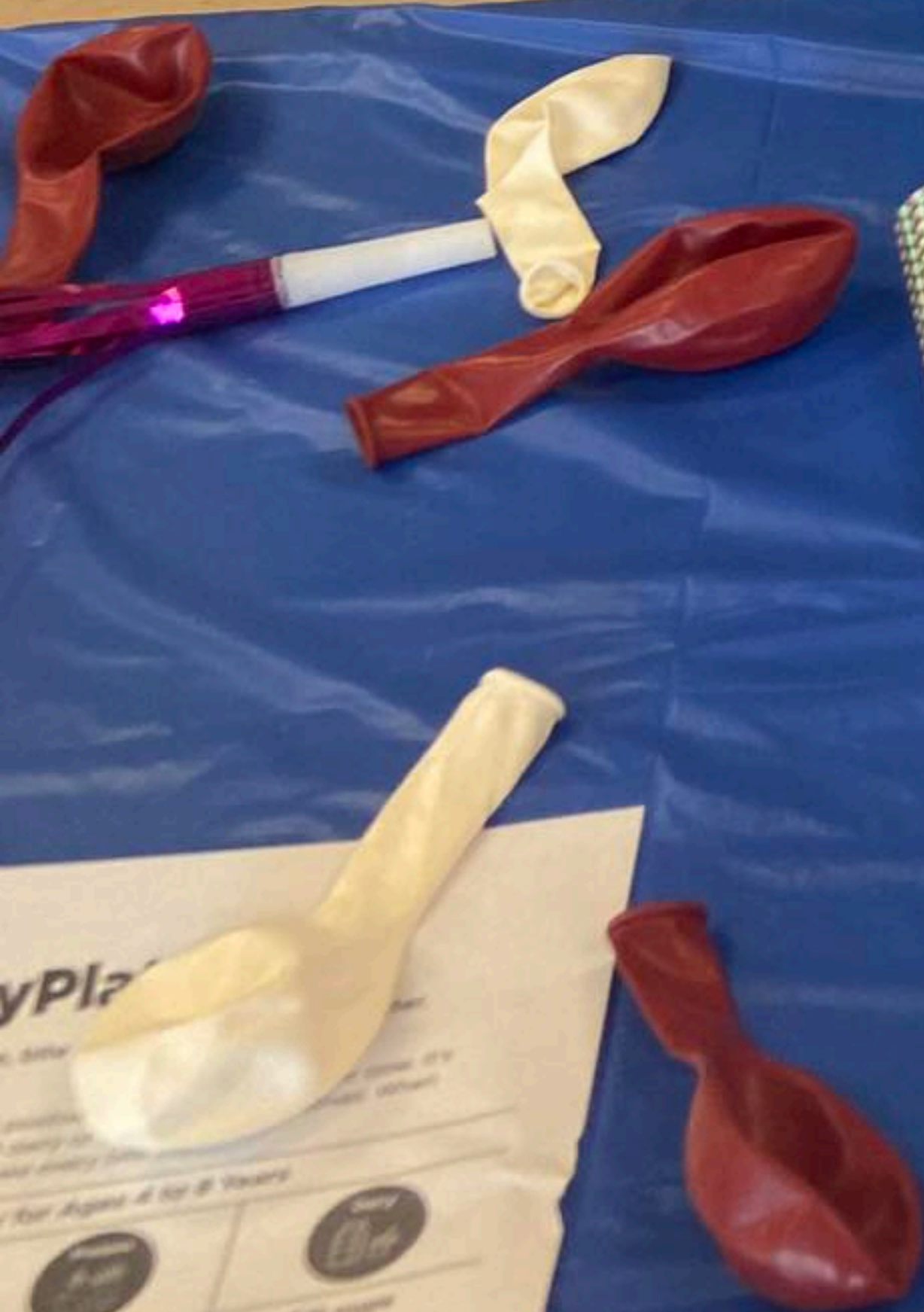
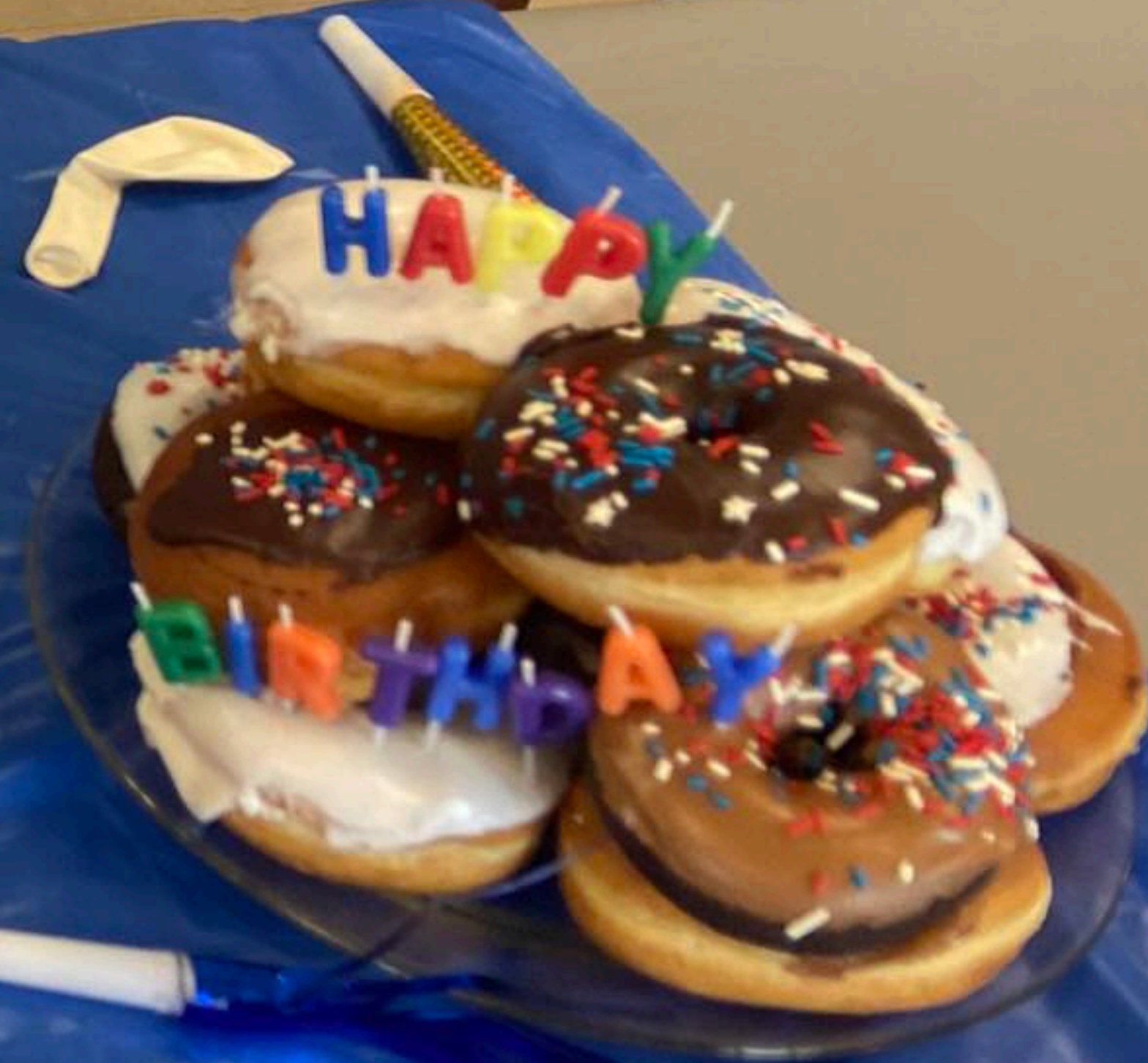
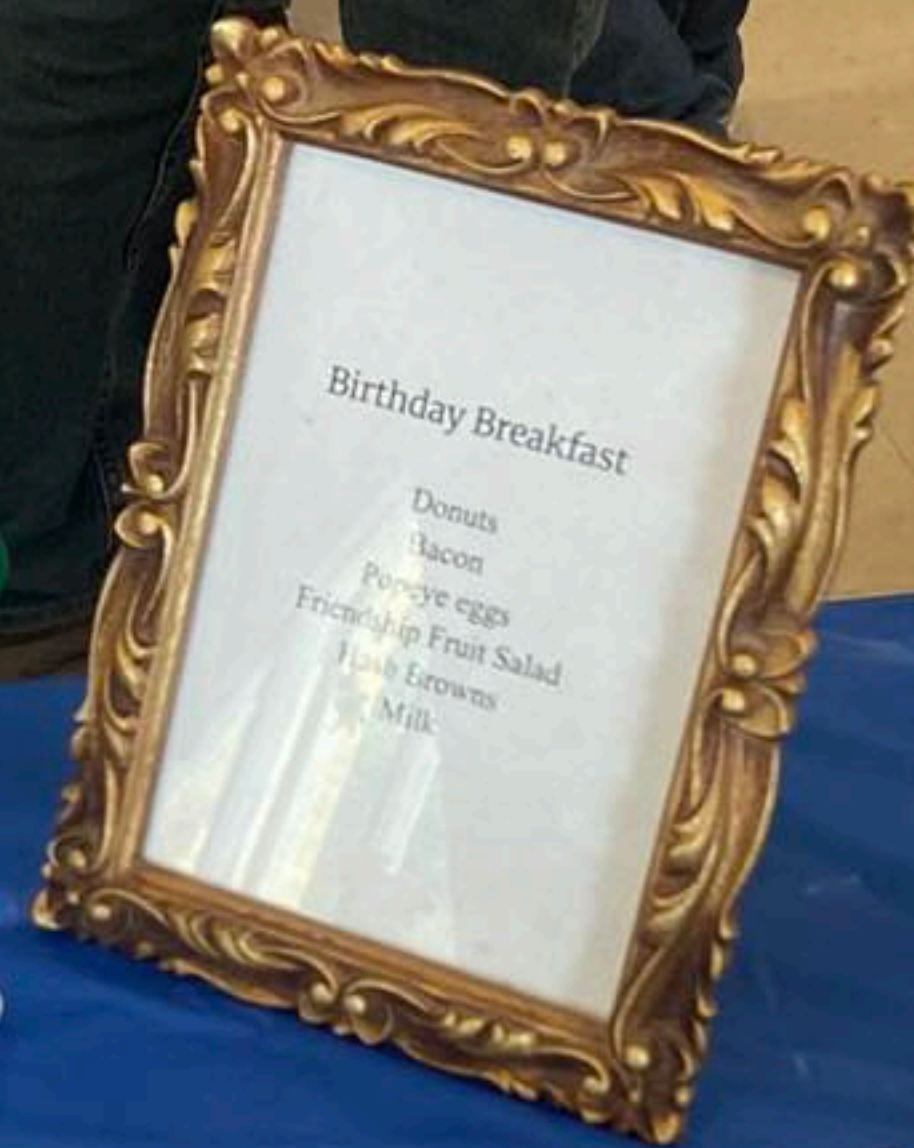
lan
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Daily
rups
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dairy or
dried)
clude dairy
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throughout





Prep Time: five
Cook Time: at
Serves: One
Ingredients
1/4 tabl
2 on
2







Watermelon
for
SALE
\$1.99





Start simple with **MyPlate Plan**

Use a handful of healthy choices each day to build a balanced diet. Here are some ideas to get you started.

Food Group	Amount	Examples
Grains	1/2 cup	Whole wheat bread, brown rice, quinoa
Vegetables	1/2 cup	Broccoli, spinach, carrots, tomatoes
Fruits	1/2 cup	Apples, bananas, berries, oranges
Protein	1/4 cup	Eggs, chicken, fish, tofu, beans
Dairy	1/2 cup	Milk, yogurt, cheese



MyPlate Plan

Use a handful of healthy choices each day to build a balanced diet. Here are some ideas to get you started.

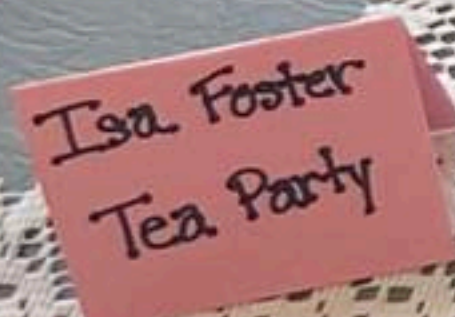
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Dairy	1/2 cup	Milk, yogurt, cheese

MENU
SUMMER
BREAKFAST

CHEF KIMBER BURGE
BEVERAGE
Apple Juice

MAIN COURSE
Granola Banana Split









Menu

Main Dish	Sides	Drinks
Turkey Sandwiches	Salads	Fresh Squeezed Lemonade
Grilled Chicken	Hot Wings	
Grilled Fish	Macaroni and Cheese	
Grilled Beef	Grilled Corn	
Grilled Pork	Grilled Potatoes	
Grilled Lamb	Grilled Vegetables	
Grilled Chicken	Grilled Potatoes	
Grilled Beef	Grilled Potatoes	
Grilled Pork	Grilled Potatoes	
Grilled Lamb	Grilled Potatoes	

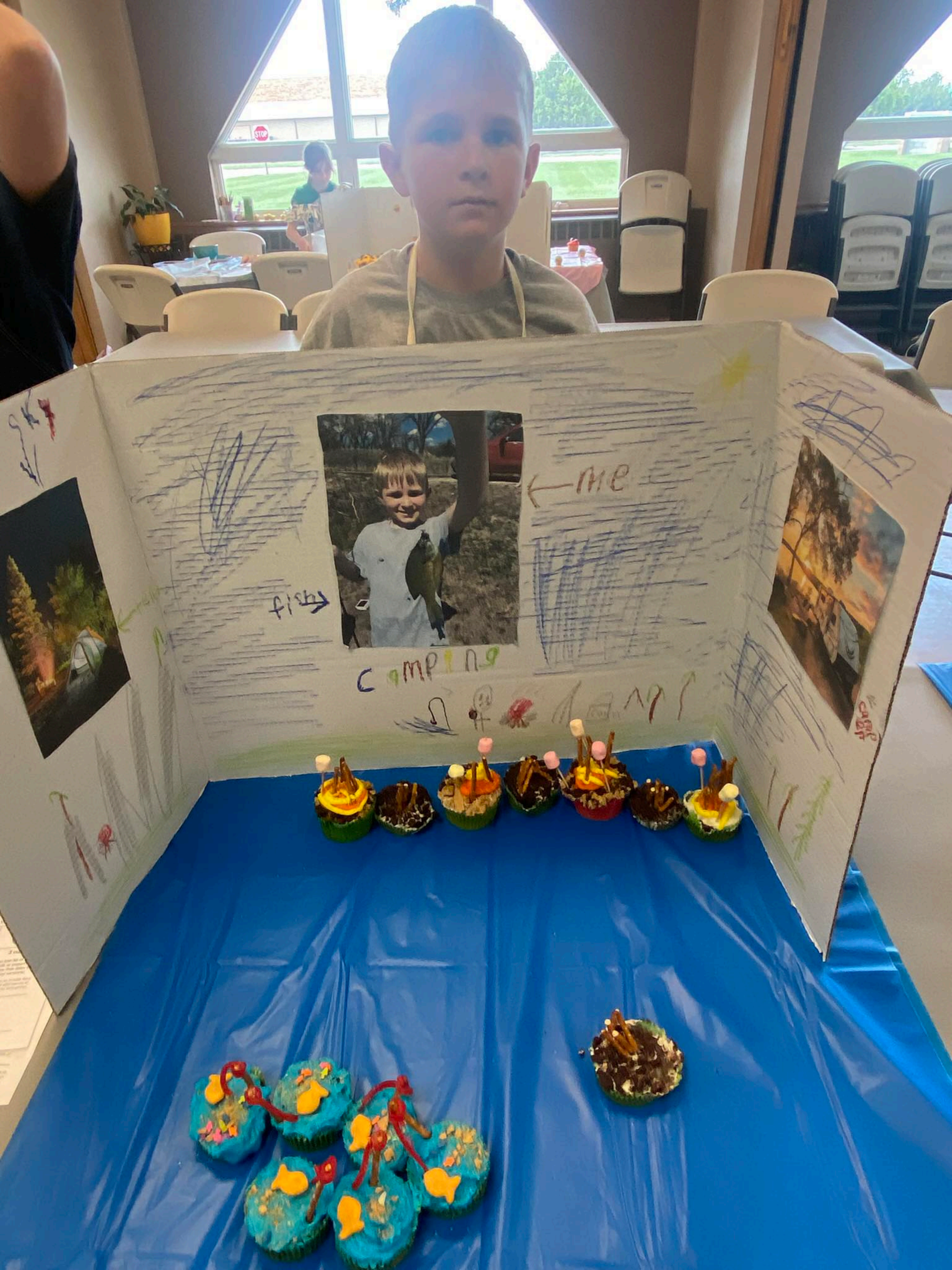
Sweets

- Lemonade
- Cupcakes
- Grasshoppers
- Frosting











WALK BY **FAITH**
not by sight





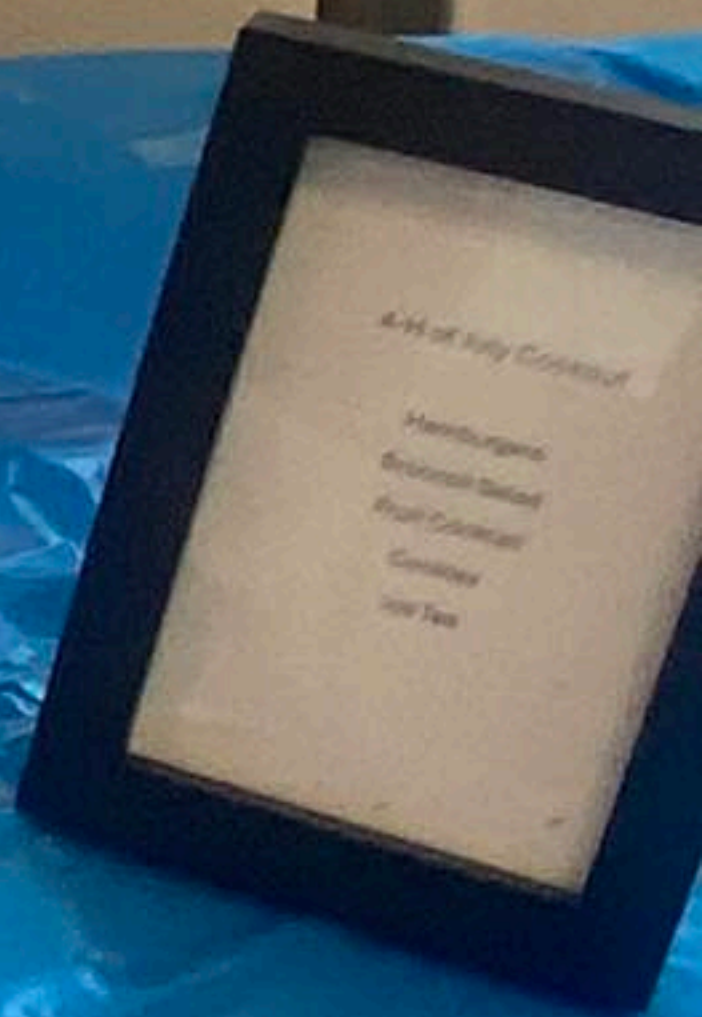
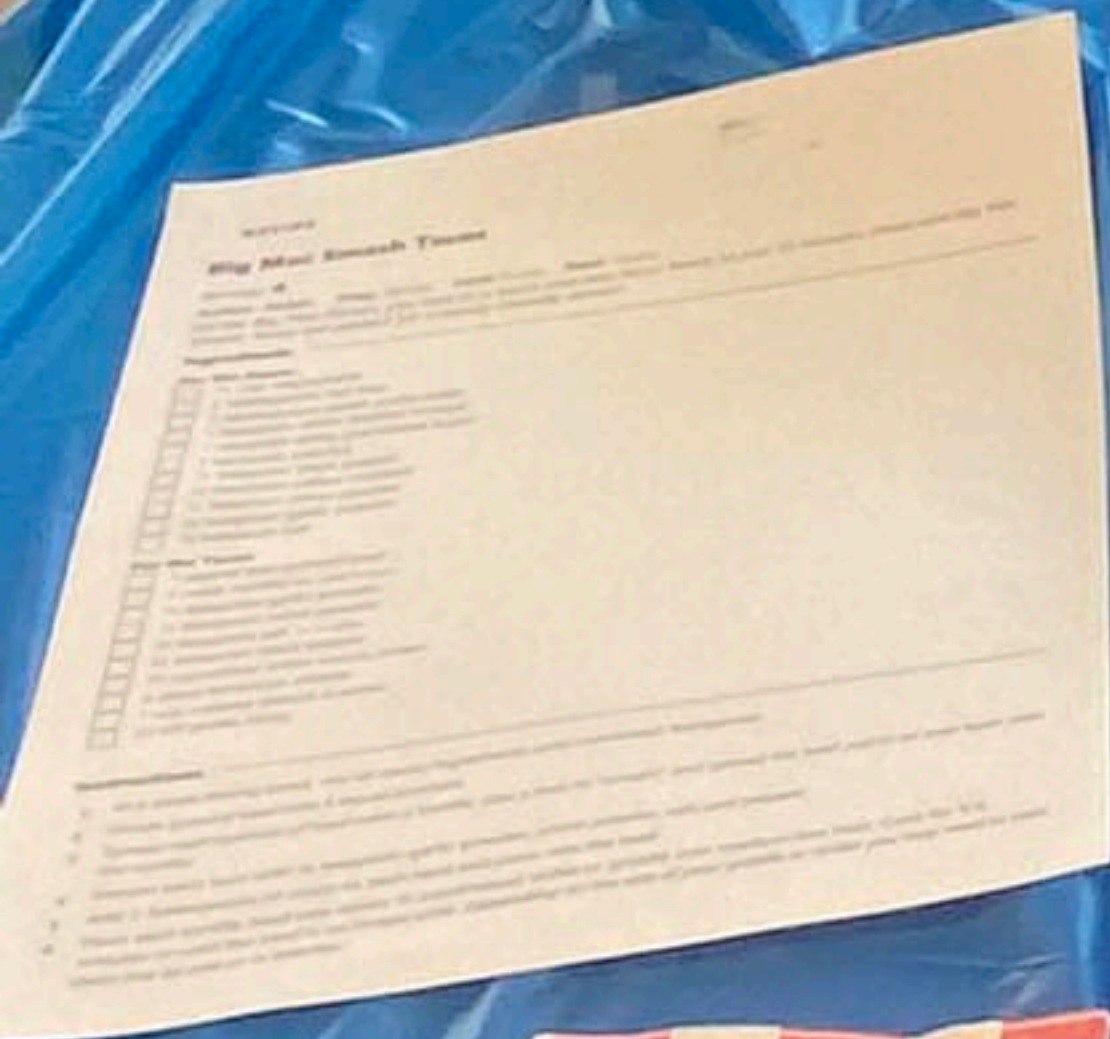






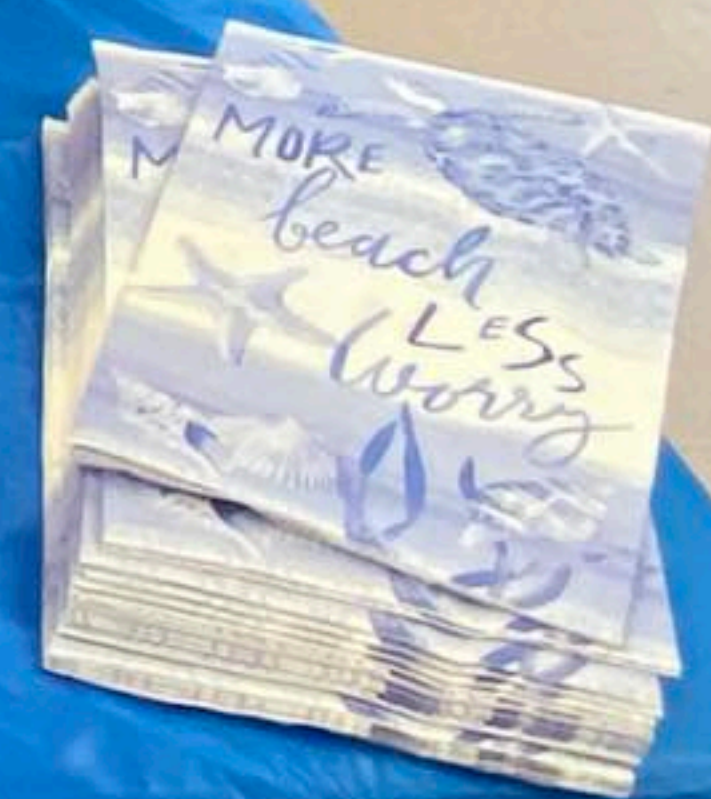
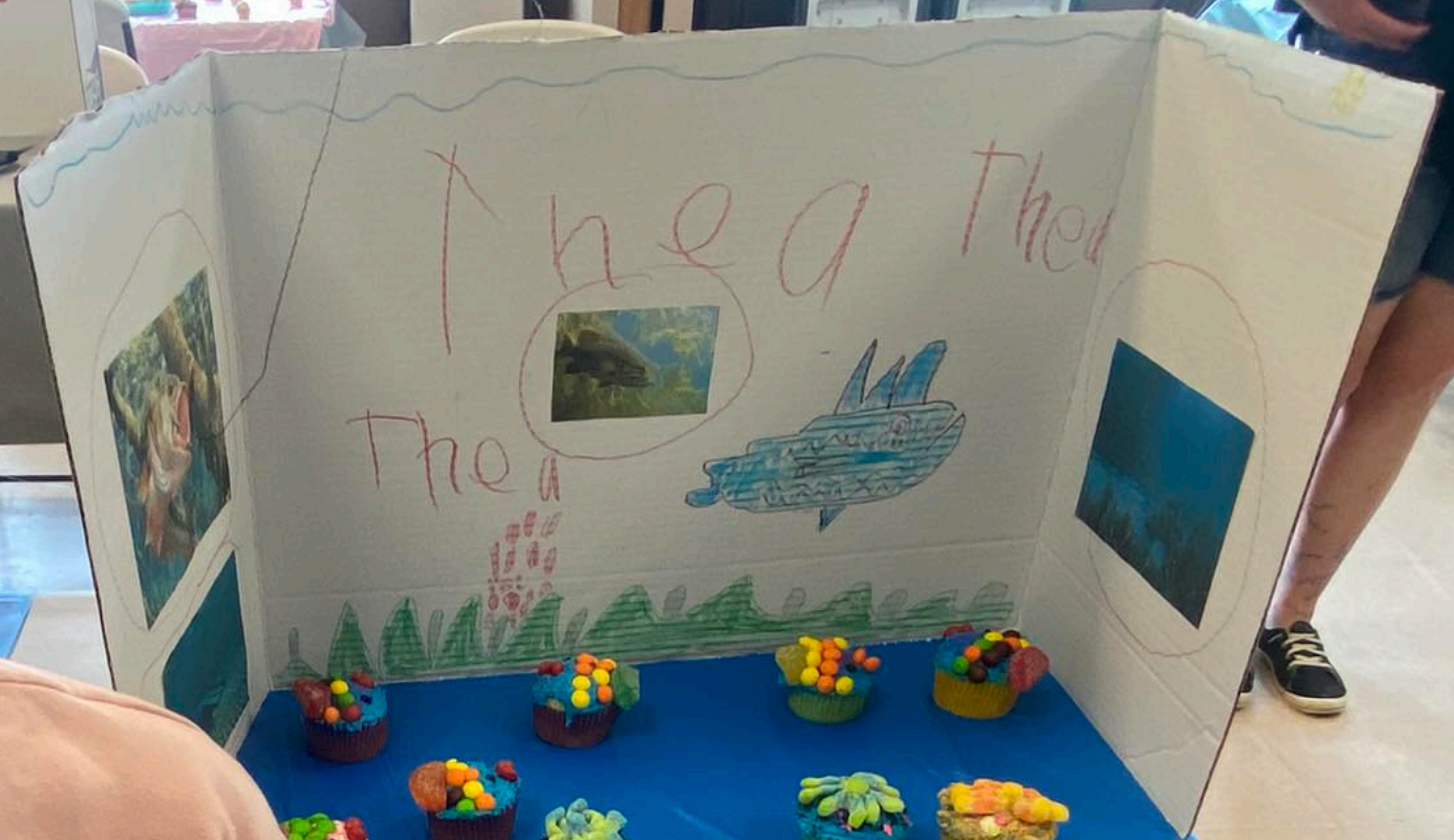


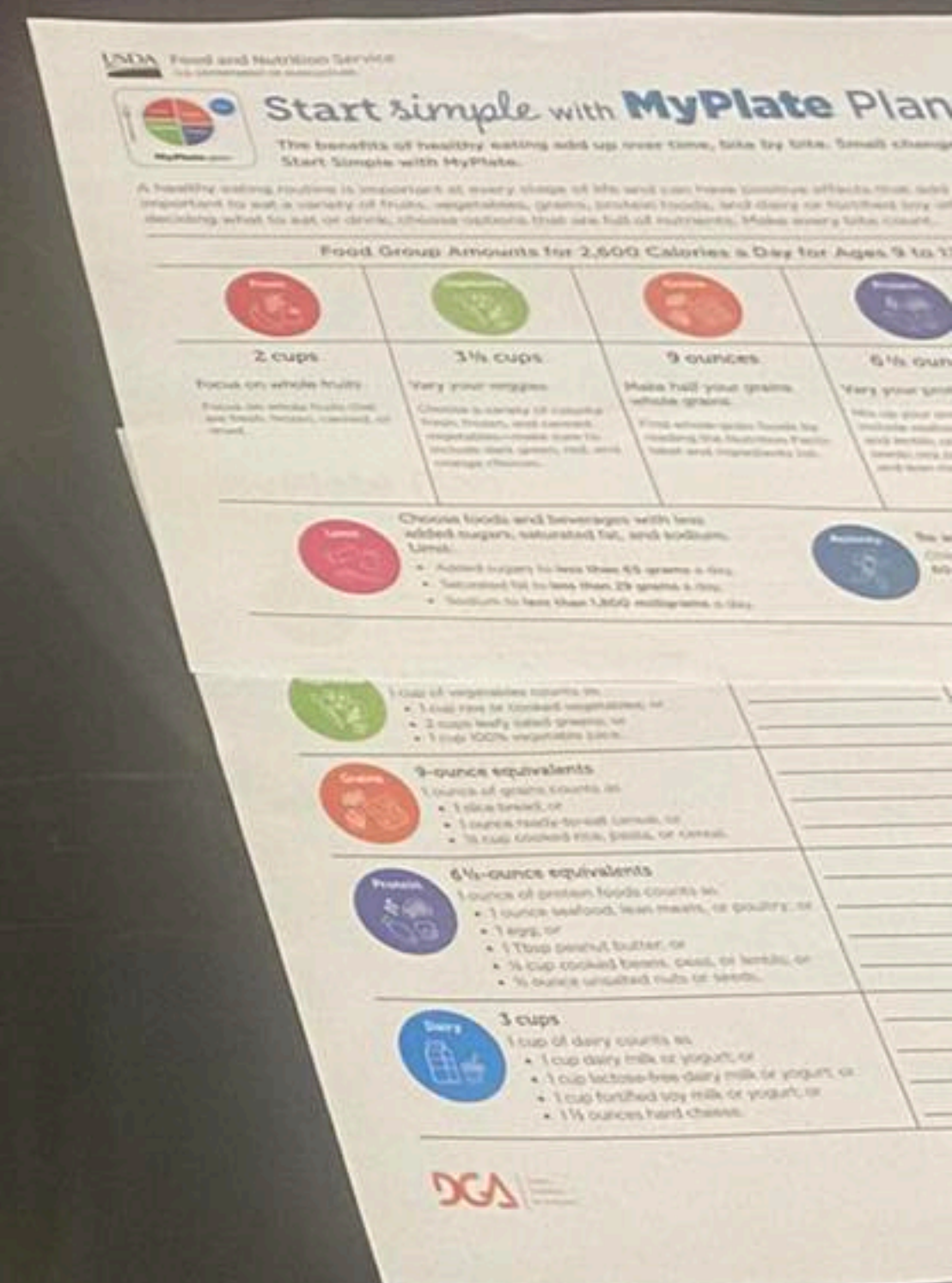


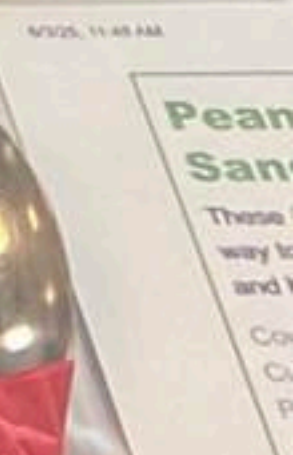
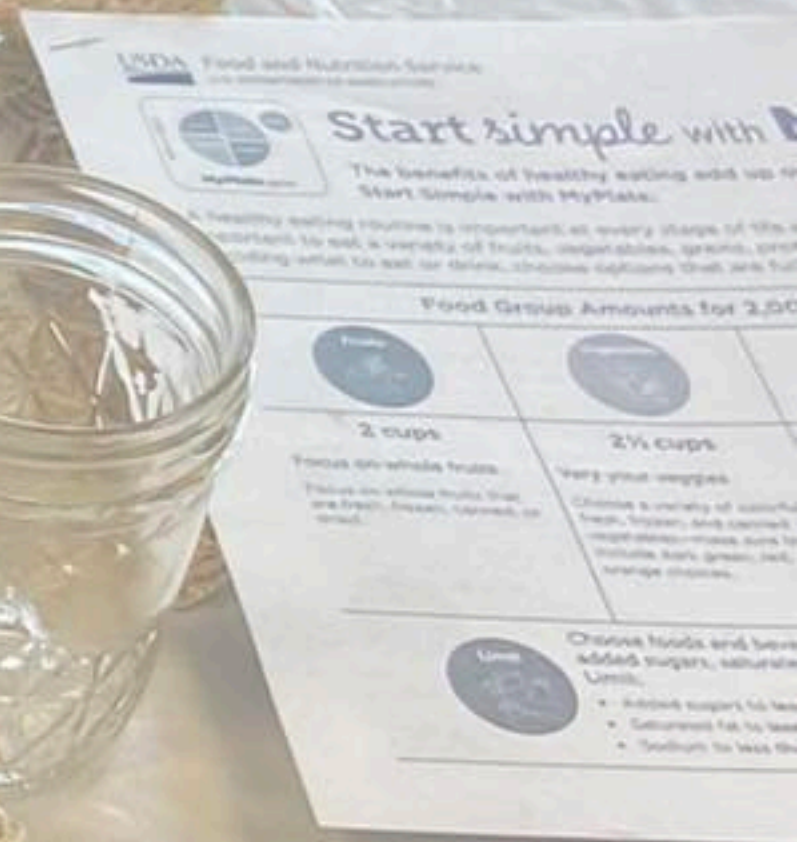












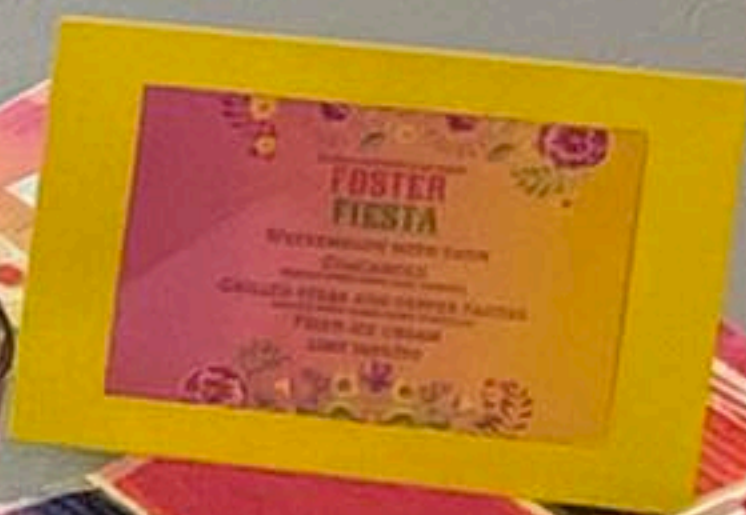
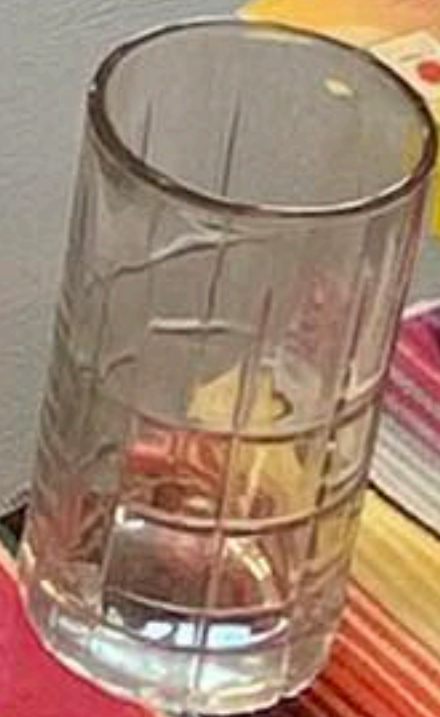




equate
Poly Gloves

HART COUNTY 4-H

Nutrition Facts
Serving Size 1/4 cup (60g)
Amount Per Serving
Calories 110
Total Fat 2g 4%
Total Carbohydrate 22g 44%
Protein 2g 4%







Ravenclaw
Intelligence
Wisdom
Creativity
Ambition

Slytherin
Ambition
Cunning
Determination
Leadership

Gryffindor
Bravery
Honor
Chivalry
Courage

Hufflepuff
Loyalty
Kindness
Dedication
Friendship



