## Carrot



## Spinach



## Mushroom



Beach Cities Health District LiveWell Kids

BCHD Health District

## Broccoli



## Zucchỉni



Beach Cities Health District LiveWell Kids $\qquad$ вchd Health District

## Onion



## Sweet Potato



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$\square$

## White Potato



## Apple


$\qquad$

## Orange


$\qquad$ BCHD
A Public Agency

## Grapes



## Peach



Beach Cities Health District LiveWell Kids

## Strawberry



## Raisins



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## Watermelon



## Whole Wheat Bread



## Pasta



## Rice



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## Oatmeal



## Tortilla



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## Crackers



## Chicken



Beach Cities Health District LiveWell Kids

Beef


Fish


Beach Cities Health District LiveWell Kids


## Beans



Beach Cities Health District LiveWell Kids - NT) Beach Cíties

## Peanut Butter



## Tofu



Beach Cities Health District LiveWell Kids $\qquad$ EcHD Health District

Milk

$\qquad$

## Yogurt



Beach Cities Health District LiveWell Kids

## Cheese Stick



## Cheese



## Soy Yogurt



## Soy Milk



Beach Cities Health District LiveWell Kids

## Cottage Cheese



## Butter



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[^0]:    Beach Cities Health District LiveWell Kids

