Carrot

Spinach

Beach Cities Health District LiveWell Kids

Mushroom

Broccoli

Zucchini

Onion

Sweet Potato

Beach Cities Health District LiveWell Kids

White Potato

Apple

Orange

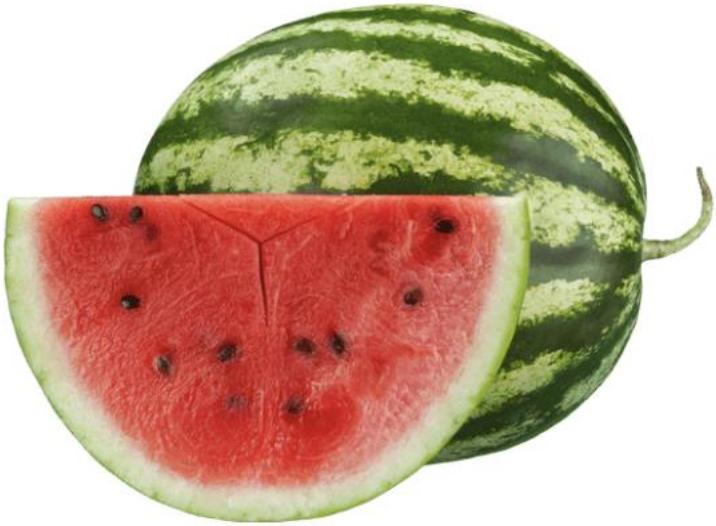
Grapes

Peach

Strawberry

Raisins

Watermelon



Whole Wheat Bread

Pasta

Rice

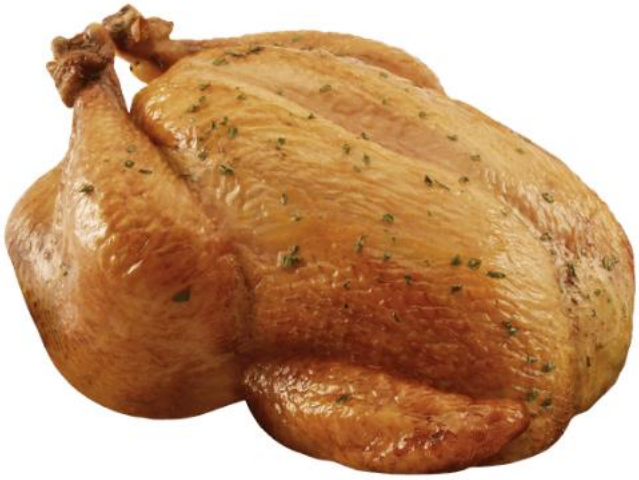
Oatmeal

Tortilla

Crackers

Beach Cities Health District LiveWell Kids

Chicken



Beef

Beach Cities Health District LiveWell Kids

Fish

Eggs

Beans

Peanut Butter

Tofu

Milk

Yogurt

Cheese Stick

Cheese

Soy Yogurt

Soy Milk

Cottage Cheese

Butter

Beach Cities Health District LiveWell Kids