



EXPLORING THE SECRETS OF "MY PYRAMID"

Q: How can I possibly eat FIVE SERVINGS of vegetables every day?!

A: It's true - the Food Guide Pyramid DOES recommend that kids ages 6-11 eat at least 5 servings of veggies every day. That seems like a lot! But a serving of most veggies is just a half cup (a serving of leafy greens is a cup). That's really not very much at all. Don't believe us? Just take a look at the measuring cups in your kitchen drawer! Here are some examples of what counts as a serving of vegetables:

6 or 7 baby carrots



Half of a large ear of corn



Half a dozen red pepper strips



2 leaves of romaine lettuce in a salad or on a burger or sandwich



A handful of broccoli florets



See? It's easy! A few grape tomatoes and carrots, a little salsa, a BLT sandwich, half a baked potato and some green beans with dinner, and you're there already!

LEARN MORE AT WWW.MYPYRAMID.GOV OR WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/

THE CHARACTER OF MARIO ALREADY EXISTED IN 1983, WHEN NINTENDO DECIDED TO ADD A SECOND PLAYER FOR THE BRAND-NEW "MARIO BROS." GAME. **BUT WHAT TO CALL THE BRO?** THE DECISION WAS MADE EASY FOR THE GAME DESIGNERS WHEN THEY WALKED OUTSIDE THEIR AMERICAN HEADQUARTERS IN REDMOND, WASHINGTON AND SAW A PIZZA PARLOR DOWN THE STREET CALLED **"MARIO & LUIGI'S"!**



STRANGE BUT TRUE!

Monday, April 18	Tuesday, April 19	Wednesday, April 20	Thursday, April 21
<p>Breakfast French Toast or Cheese Omelet w/ Sausage Danish or Cereal</p> <p>Lunch</p>	<p>Breakfast French Toast or Cheese Omelet w/ Sausage Danish or Cereal</p> <p>Lunch</p>	<p>Breakfast French Toast or Cheese Omelet w/ Sausage Danish or Cereal</p> <p>Lunch</p>	<p>Breakfast French Toast or Cheese Omelet w/ Sausage Danish or Cereal</p> <p>Lunch</p>
Monday, April 25	Tuesday, April 26	Wednesday, April 27	Thursday, April 28
<p>Breakfast Waffles w/ Sausage Breakfast Pizza Oatmeal Muffin</p> <p>Lunch</p>	<p>Breakfast Waffles w/ Sausage Breakfast Pizza Oatmeal Muffin</p> <p>Lunch</p>	<p>Breakfast Waffles w/ Sausage Breakfast Pizza Oatmeal Muffin</p> <p>Lunch</p>	<p>Breakfast Waffles w/ Sausage Breakfast Pizza Oatmeal Muffin</p> <p>Lunch</p>