

Make Your Plate Using Foods From Taco Bell

<u>Plate Method</u>: Draw a line from each food to the appropriate section on the plate.

Any Amount

Fruits &

Leve

Meats



Bean burrito with beans, cheese, and onions



Pintos and cheese



Mexican rice

Vegetables

Original taco

Level

Starches



Taco Salad Express with ground beef, cheese, beans, lettuce, green onions, tomatoes, and sour cream



Chicken quesadilla



Zesty chicken border bowl



Make Your Plate Using Foods From McDonalds

Plate Method: Draw a line from each food to the appropriate section on the plate.



Chicken McNuggets



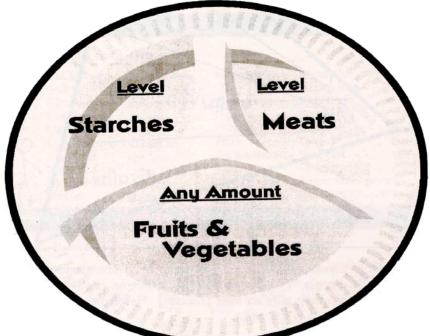
Grilled Chicken Sandwich



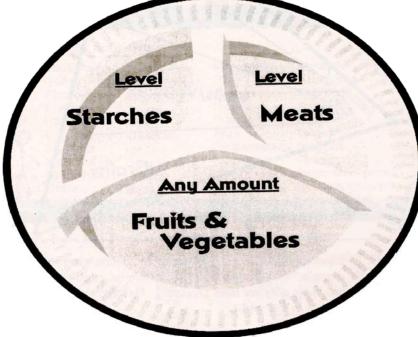
Grilled Chicken Caesar Salad



Hamburger Buns



1% Milk, 1% Chocolate Milk



Fruit & Walnut



Hotcakes





Orange Juice



Garden Side Salad



Cobb Salad





Make Your Plate Using Foods From L & L Drive-Inn

Plate Method: Draw a line from each food to the appropriate section on the plate.



Beef Stew Plate

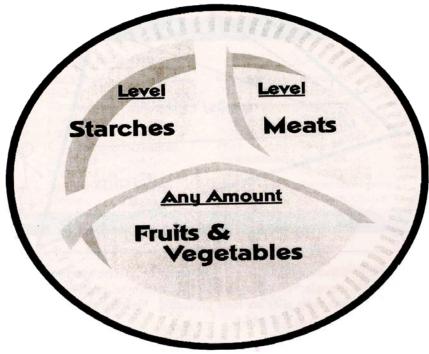




Vegetable Ramen



Loco Moco Plate





Garden Burger



Beef Curry Plate



BBQ Chicken Plate



Chicken Katsu Plate



Teri Beef Plate



Mahi Mahi Plate



Make Your Plate Using Foods From Hawaii Food Bank

<u>Plate Method</u>: Draw a line from each food to the appropriate section on the plate.

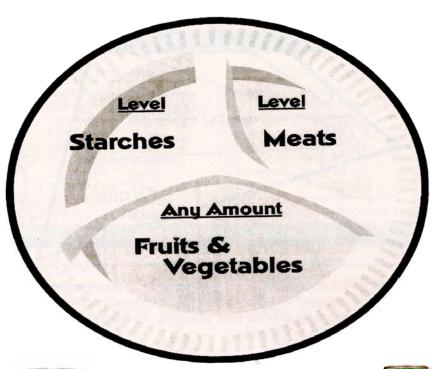


Fruit Cocktail





Pretzels









Canned Corn



Ritz Crackers



Triscuit Crackers



Wheat Bread



Make Your Plate Using Foods From 7-11 Store

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Fruit Cups



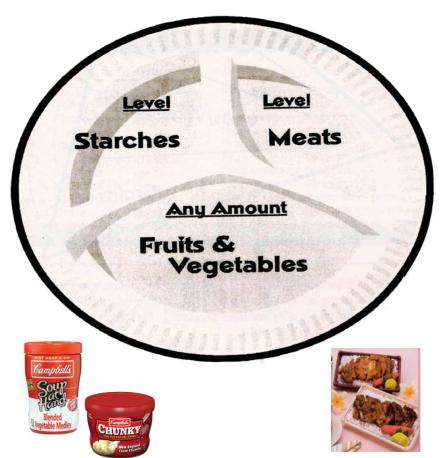
Sweet Potato Manapua



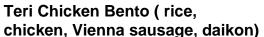
Garlic Hot Dog



Big Bite (Hot Dog)



Soups (Vegetable)





Musubi



Chicken Curry Manapua



Spicy Chicken Sandwich



Vegetable Salad