

School Cafeteria Program



*Think you will starve?*  
Pile on high fibre, nutritious  
fillers like pasta, rice, grains,  
vegetable and fruit.

Certain cuts of red meat are as lean as chicken  
without skin and visible fat.  
Limit your serving to the size of the palm of  
your hand or a deck of cards.

# *For Meat Lovers Only!*



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