



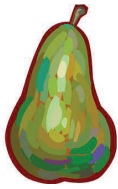
# School Nutrition Bites

Kindergarten

UC DAVIS  
CENTER for  
NUTRITION in SCHOOLS

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## Foods that come from plants



### Fruits

- Apples
- Bananas
- Watermelon
- Peaches
- Oranges
- Pears



### Vegetables

- Lettuce
- Carrots
- Potatoes
- Spinach
- Broccoli



### Grains

- Rice
- Oatmeal
- Bread
- Crackers
- Pasta
- Popcorn



### Beans

- Kidney beans
- Lima beans
- Lentils
- Pinto beans
- Peas



### Nuts & Seeds

- Peanuts
- Sunflower seeds
- Almonds
- Walnuts
- Sesame seeds

## Foods that come from animals



### Eggs



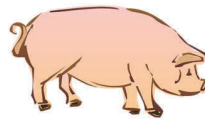
### Poultry

- Chicken
- Turkey
- Duck



### Fish

- Tuna
- Cod
- Sardines



### Pork

- Ham
- Sausage
- Bacon



### Beef

- Steak
- Hamburger
- Roast beef



### Dairy

- Milk
- Cheese
- Yogurt