

CHEESE PIZZA

Made fresh with tomato sauce and lots and lots of mozzarella cheese! \$2.75

MACARONI AND CHEESE

Macaroni noodles tossed with creamy cheese, cheese, and more cheese! \$1.95

CHICKEN FINGERS

Plump and juicy chicken strips, lightly fried and served with curly fries. \$2.95

LASAGNA

Layers and layers of pasta, cheeses and marinara sauce. \$2.95

SPAGHETTI AND MEATBALLS

Oodles and oodles of spaghetti noodles with marinara sauce and Mamma's special meatballs. \$2.50

Find the LL KIDS MEALS NCLUDE A FREE CE CREAM UNDAE!

The Great Food Guide Pyramid points the way and shows all of us how to eat ...



Veggies like us provide vitamins to help you grow. 3-5 servings per day from this group.



CARBOHYDRATES VITAMINS are louesi in fruits and vegetables energy. But too much fat slows you down

Every body needs all the parts of the Pyramid to grow and stay healthy.



All foods are part of the Pyramid.

Breads and other grains mean energy to play and learn.



...2-4

servings

per day.

Ment, Poultry, Fish, Dry

Beans, Eggs &

Nuts Group

2-3 Servings

A healthy diet includes 6-11



Fruits are also a vitamin source...

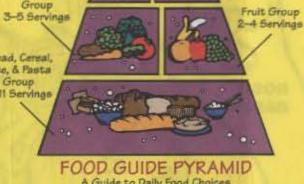
> Fate, Oile & 5weets SPARINGLY

Milk, Yogurt & Cheese Group

Vegetable

Bread, Cereal, Rice, & Pasta Group 6-11 Servings

> FOOD GUIDE PYRAMID A Guide to Daily Food Choices Source: U.S. Department of Agriculture U.S. Department of Health and Human Services.



FOOD GUIDE QUIZ

- 1. Are Eggs in the Meat Group or the Milk Group?
- 2. How should Fats, Oils & Sweets be used.
- 3. From what group can the most servings be eaten?

(3) Bread, Cereal, Rice & Pasta Group Answere: (1) Meate (2) Sparingly



Meats include lean beef, lamb. pork... poultry and fish.

This group includes eggs, dried beans and nuts.

2-3 servings a day from this group.



BAMBINO BEVERAGES

MILK OR SOFT DRINKS (free refills)

STRAWBERRY SURPRISE Crushed strawberries and ice, topped with whipped cream.

\$1.75

SICILIAN SURPRISE Grapefruit juice and OJ blended with crushed ice and grenadine. \$1,25

BAMBINO ME

onal Restaurant Association GUIDE PYRAMID COLORING PAGE Menu Collection

