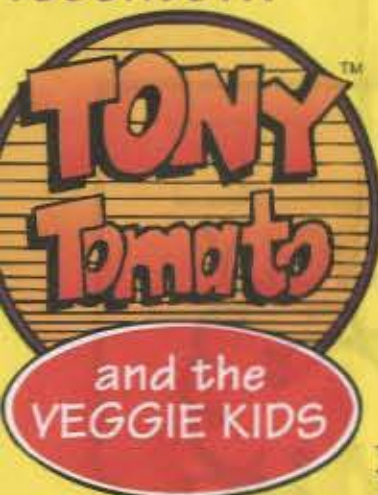


GRISANTI'S
presents...



C'mon kids,
grab your knife
and fork...

We're off on a
search...

for the Great
Food Guide
Pyramid!



BAMBINO MENU BAMBINO

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

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



...a variety
of foods
each day.

All foods
are part
of the
Pyramid.



Breads and other grains mean
energy to play and learn.



A healthy diet
includes 6-11
servings a day.



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



Fruits are also a
vitamin source...

...2-4
servings
per day.



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

2-3 servings
a day from
this group.

This group
includes
eggs, dried
beans and
nuts.



Fats, Oils &
Sweets
USE
SPARINGLY

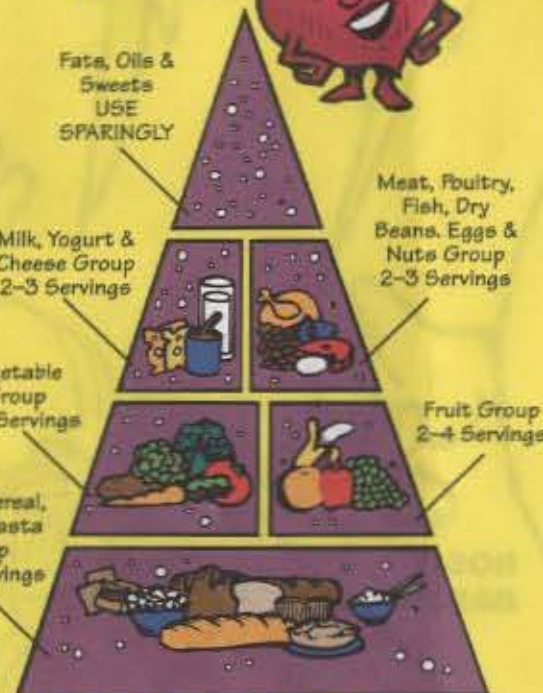
Milk, Yogurt &
Cheese Group
2-3 Servings

Meat, Poultry,
Fish, Dry
Beans, Eggs &
Nuts Group
2-3 Servings

Vegetable
Group
3-5 Servings

Fruit Group
2-4 Servings

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.

CARBOHYDRATES
come from breads
and grains.
Energy
food.

VITAMINS are
found in fruits
and vegetables
and help
fight illness.



CALCIUM from
milk, yogurt
and cheese
builds
strong bones
and teeth.

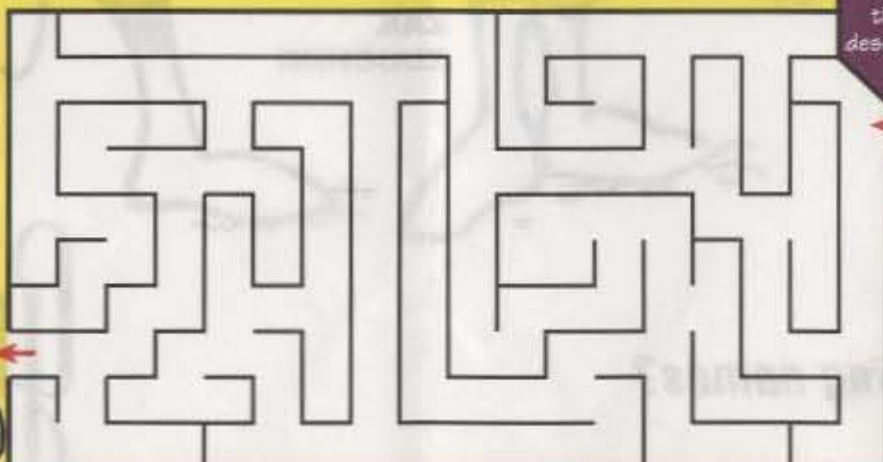
FATS are stored
energy. But too much
fat slows you down.

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



Find
the
dessert.

ALL KIDS MEALS
INCLUDE A
FREE
ICE CREAM
SUNDAE!



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?

Answers: (1) Meats (2) Sparingly (3) Bread, Cereal, Rice & Pasta Group

BAMBINO BEVERAGES

MILK OR SOFT DRINKS
(free refills)
\$1.25

STRAWBERRY SURPRISE
Crushed strawberries and ice,
topped with whipped cream.
\$1.75

FRUIT JUICES
\$1.75

SICILIAN SURPRISE
Grapefruit juice and OJ
blended with crushed ice
and grenadine.
\$1.25

Ask about our **BIRTHDAY CLUB**

Grisanti's
BAMBINO MENU

GUIDE PYRAMID COLORING PAGE

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**RICE & PASTA
GROUP**
6-11 SERVINGS

--	--	--	--	--

GROUP
3-5 SERVINGS

--	--	--	--	--

GROUP
2-4 SERVINGS

--	--	--	--	--

**YOGURT
& CHEESE
GROUP**
2-3 SERVINGS

--	--	--	--	--

**POULTRY,
FISH, DRY
BEANS, EGGS
& NUTS
GROUP**
2-3 SERVINGS

--	--	--	--	--

**FATS,
OILS &
USE SPARINGLY**



**TONY
TOMATO**



**ROSIE
RADISH**



**MOLLY
MUSHROOM**



**OLLIE
ONION**



**ZAK
ZUCCHINI**



**CECIL
CELERY**

Tony and The Veggie Kids know about the **FOOD GUIDE PYRAMID.** Can you fill in the missing names?