C'mon kids, grab your knife and fork... We're off on a search... for the Great Food Guide Pyramid!

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

...a variety of foods each day.

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

Breads and other grains mean energy to play and learn.

All foods are part of the Pyramid.

Fruits are also a vitamin source...

...2-4 servings per day.

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

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

This group includes eggs, dried beans and nuts.

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

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All kids meals include a free ice cream sundae!

Bambino Beverages

Milk or Soft Drinks (free refills) $1.25

Strawberry Surprise
Crushed strawberries and ice, topped with whipped cream. $1.75

Grisanti's
Sicilian Surprise
Grapefruit juice and OJ blended with crushed ice and granadine. $1.25

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?

Ask about our Birthday Club!
Tony and The Veggie Kids know about the FOOD GUIDE PYRAMID. Can you fill in the missing names?