



**Eat more fruits and vegetables!
They refresh and restore-
Choose a rainbow of colors!**

MINNESOTA'S **VISION** | SHIP | *Statewide Health Improvement Program*
A Better State of Health

Looking for a healthy snack or did you forget your lunch? Try out one of these healthy menus from the vending machine!



Meal	Amount	Calories
Water	1 bottle	0
Planter's peanuts	1 package	290
String cheese	1 stick	80
Snack pack pudding	1 cup	130
Total Calories		500

