

# SUPER FOODS

fuel your fun!



fruit



grains & starches



veggies



protein



dairy

EXERCISE  
FOR AN HOUR  
EVERY DAY!

Get moving, play  
and be active!



## VEGETABLES

carrots  
tomatoes  
cucumbers  
snap peas  
baby bell peppers  
broccoli  
asparagus  
zucchini  
salad greens  
cabbage



## FRUIT

berries  
apples  
oranges  
nectarines  
melon  
small banana  
mango  
kiwi  
grapefruit  
grapes



## GRAINS & STARCHES

whole grain bread  
english muffins  
brown rice  
beans  
whole grain cereal  
oatmeal  
tortillas  
whole grain pasta  
popcorn



## DAIRY

milk  
yogurt  
cheese  
kefir  
lactose-free milk  
fortified, unsweetened soy milk



## PROTEIN

beef  
pork  
chicken  
turkey  
fish  
eggs  
beans  
nuts  
soy



## Lone Star Beef & Veggie Sliders

Makes 16 servings • 10 min

### INGREDIENTS

2 lbs. Ground Beef, (95% lean)  
1 medium zucchini, grated  
1 medium carrot, grated  
6 cloves garlic, minced  
1/2 cup cilantro, chopped  
1/4 cup plain bread crumbs  
1 egg, beaten  
2 Tbsp. chili powder  
2 tsp. ground cumin  
1/4 tsp. Kosher salt  
1 tsp. freshly ground black pepper  
Cooking spray  
16 whole wheat slider-size buns

Preheat gas or charcoal grill to 400°F.

Combine Ground Beef and other ingredients in a large bowl, mixing lightly, but thoroughly. Shape into 16 patties. Make a small indentation in the center of each burger with your thumb.

### NUTRITION INFORMATION

Based on 95% lean Ground Beef. Nutrition information per serving (1 slider with bun): 200 Calories; 50 Calories from fat; 5g Total Fat (1g Saturated Fat; 1g Monounsaturated Fat); 45mg Cholesterol; 250mg Sodium; 23g Total Carbohydrate; 2g Dietary Fiber; 18g Protein; 2mg Iron; 3mg Niacin; 0.3mg Vitamin B6; 1.4mg Vitamin B12; 3mg Zinc; 10mcg Selenium; 50mg Choline

This recipe is an excellent source of Protein, Niacin, Vitamin B6, Zinc, and Selenium

**NOTE:** Serve with half a plate of fruits and vegetables, and a glass of milk.  
Serving size based on elementary-aged child.

Place burgers on oiled grates and grill for approximately 3-5 minutes on one side. Flip once. Grill on the other side for 3-5 minutes or until internal temperature reaches 160°F measured using a meat thermometer inserted into the thickest part of the burger.

Serve on buns, garnished as you like.