

WHAT PYRAMID FOOD GROUP IS MISSING?

WHAT WOULD YOU ADD TO MAKE THIS A BALANCED MEAL ACCORDING TO A 2,000 CALORIE MYPYRAMID PLAN?

BREAKFAST

CEREAL MILK
SWEET ROLLS

LUNCH

GRILLED CHEESE SANDWICH
APPLESAUCE
COOKIES

DINNER

SPAGHETTI AND MEAT BALLS
ROLLS
CAKE

ONE-DISH MEAL