This file contains all graphics and text used for this bulletin board. The warning tape was purchased at a local home improvement store. Please send pictures of your bulletin boards to schoolmeals@iowa.gov.

WARNING

Daily exercise and healthy eating may lead to increased awesomeness.

Eat Breakfast

Healthy Lunches

Drink
Water

Exercise Each Day

Get Plenty of Sleep

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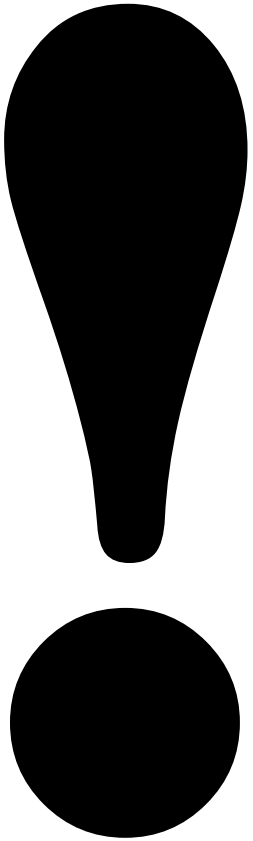

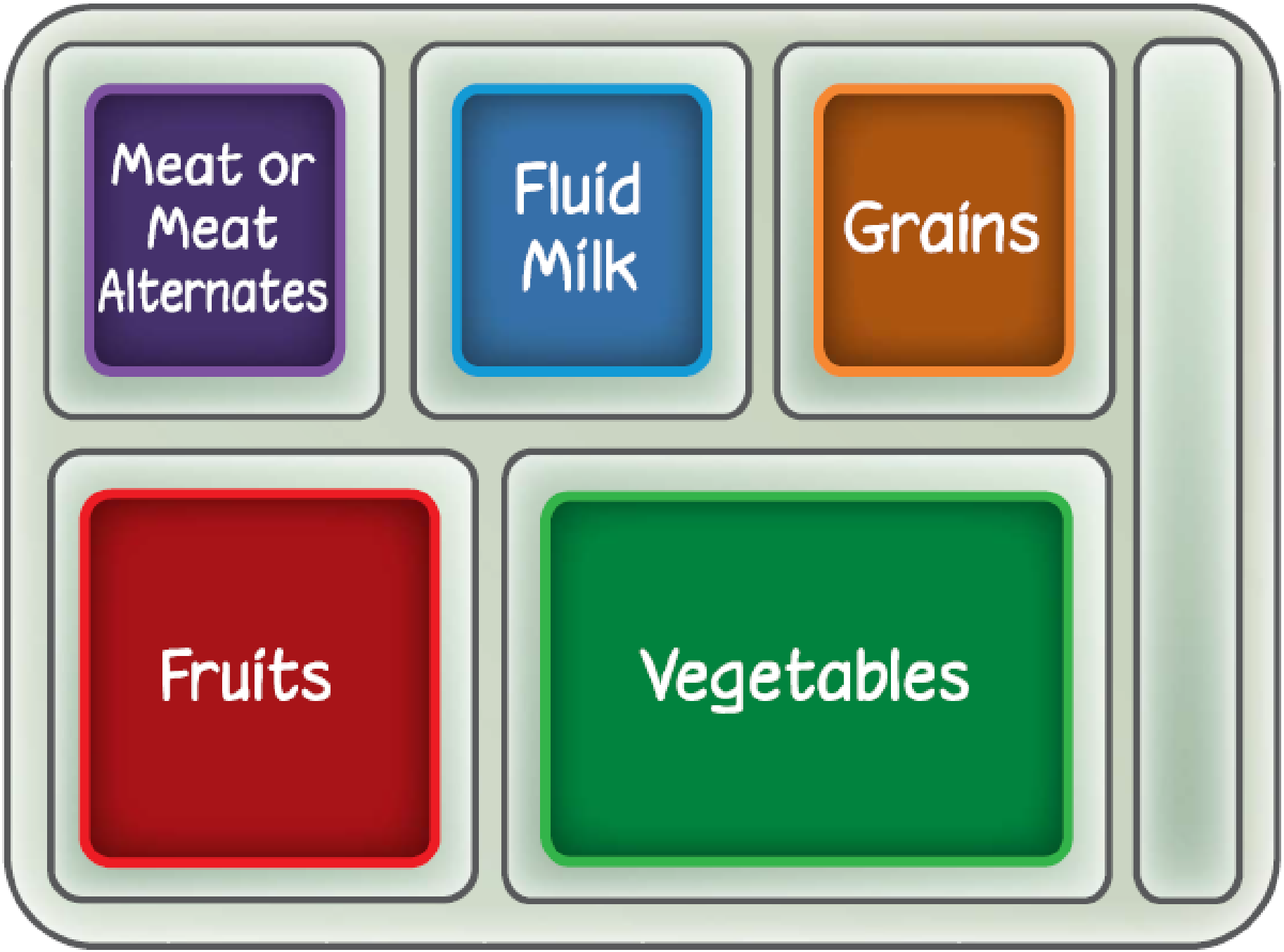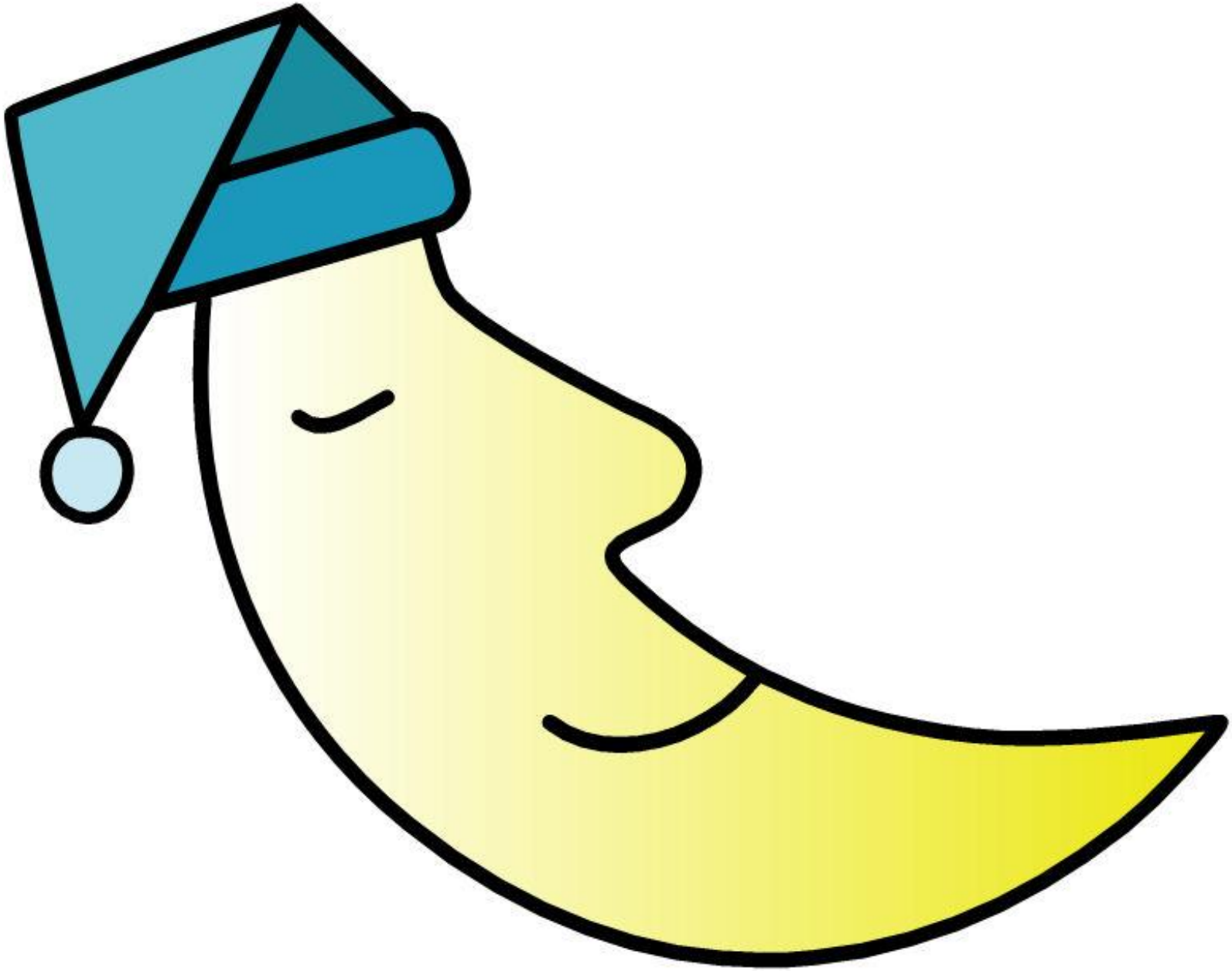
Meat or Meat Alternates
Fluid Milk
Grains
Fruits
Vegetables