

**Student Sample for Where Did My Lunch Come From?**

**Graphic Organizer for Three Days of Lunches**  
**Day One**

**Bread, Cereal, Rice, and Pasta (1 - 2 servings)**

Bread- 2 Slices

**Vegetable (1 - 2 servings)**

None

**Fruits (1 - 2 servings)**

Fruit Salad—peaches, grapefruit, cranberries,

Apple Juice

**Meat, Poultry, Fish, Dry Beans, Eggs, or Nuts**  
**(1 serving)**

Tuna Fish

**Milk, Yogurt, or Cheese (1 serving)**

None

**Checklist for Menu Criteria**

<u>Food Group</u>	<u>Menu Item</u>	<u>Region Where Food Was Produced</u>
Bread	Bread	Midwest
Fruit	Peaches	West
Fruit	Grapefruit	Southeast
Fruit	Cranberries	Northeast
Fruit	Apple Juice	West
Fish	Tuna Fish	West

Bread, Cereal,  
Rice, Pasta