

Friendship Pocket

1 Pick a Protein Food



Fold a slice of turkey or ham. Put it in the pita pocket.

2 Veggie Time



Tear lettuce or spinach.

3 Greens Are Good



Add greens to pita.

4 Choose a Cheese



Put cheese inside pita.

5 Fruit Is Fun



Eat apples or grapes with your pita pocket. Enjoy your **MyPlate** meal with friends.

Ingredients

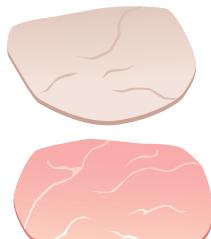
Grains

whole-wheat pita bread



Protein Foods

turkey or ham



Vegetables

lettuce or spinach



Dairy

low-fat yellow or white cheese



Fruits

apple slices or grapes

