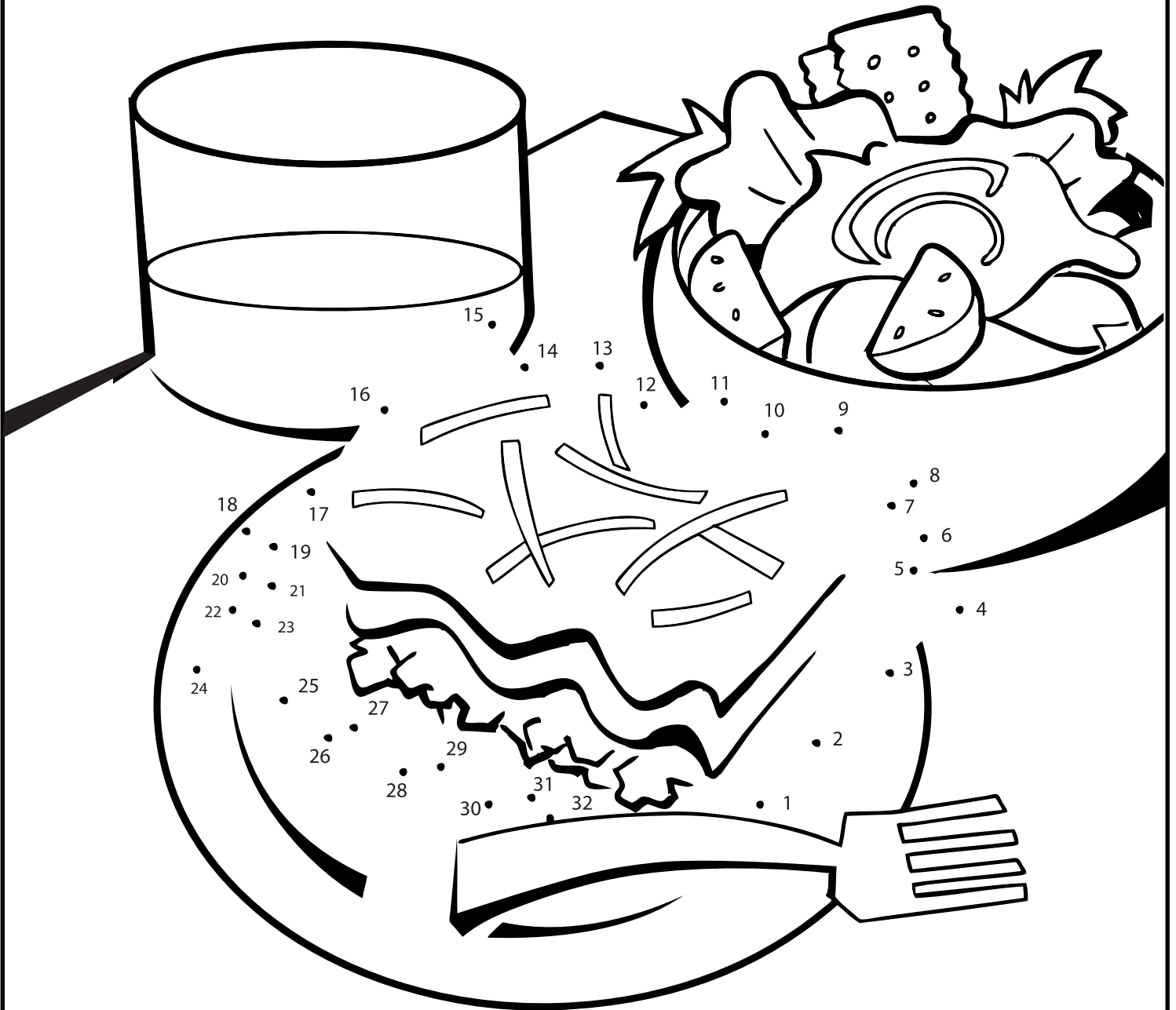




IT'S WHAT'S FOR DINNER.®



### Connect the dots to reveal a healthy and delicious dinner.

Use 95% lean beef hamburger (Meats & Beans), whole grain lasagna noodles (Grains), creamy low-fat cheese filling (Milk), zesty tomato sauce (Fruits), mushrooms and onions (Vegetables) for lasagna. You'll have foods from each category in MyPyramid right on your plate. A side salad is all you need to complete a nutritious meal.