

# Proteins



When choosing protein, select low fat or lean proteins!

## Where can you find proteins on your menu?

### Veg. Proteins

- Egg
- Sunbutter
- Tofu
- Beans
- Yogurt
- Cheese

### Meat Proteins

- Chicken
- Fish
- Tuna
- Beef
- Turkey

## Protein Activity



Scan the QR code with your phone's camera to learn more!

## Did you Know?

Protein keeps us strong and helps our muscles grow! The older you are, the more you need!

When paired with a carbohydrate like whole grains or fruit, protein will provide you with the boost you need to score big at school!

Protein is important for health and recovery too! When you get an injury, protein helps us heal!

Not all protein sources come from meat. DCPS also serves vegetarian entrees everyday, containing non-meat proteins.

## #YourTrayYourWay

