

B	I	N	G	O
Vitamin D	2% Milk	1% Milk	Collard Greens	Squeezable Yogurt
Nutrition Label	Calcium	Vitamin A	Saturated Fat	Swiss Cheese
Whole Milk	8 oz. glass of low-fat milk	FREE	Rice Milk	Greek Yogurt
Ice Cream	String Cheese	Muenster Cheese	Skim Milk	Strong Bones and Teeth
Cream Cheese	Parmesan Cheese	Cottage Cheese	American Cheese	3 Glasses of Milk or Milk Products per day

B	I	N	G	O
Swiss Cheese	American Cheese	Strawberry Milkshake	Greek Yogurt	8 oz. glass of low-fat milk
Ice Cream	Vitamin A	3 Glasses of Milk or Milk Products per day	Whole Milk	2% Milk
Rice Milk	Squeezable Yogurt	FREE	Parmesan Cheese	Mozzarella Cheese
Nutrition Label	Calcium	Collard Greens	Serving Size	Yogurt
Saturated Fat	String Cheese	Butter	Skim Milk	1% Milk

B	I	N	G	O
Muenster Cheese	Calcium	Rice Milk	Vitamin D	American Cheese
bones	Yogurt	Cheddar Cheese	3 Glasses of Milk or Milk Products per day	Squeezable Yogurt
Saturated Fat	Chocolate Milk	FREE	2% Milk	Whole Milk
Nutrition Label	Butter	Ice Cream	Collard Greens	8 oz. glass of low-fat milk
Greek Yogurt	Cream Cheese	Skim Milk	Serving Size	String Cheese