



E3 = Educate - Exercise - Eat Well



'CN' Pierogies

contribution:

Grain/Bread 2.75

Fruit/Vegetable 1/4 Cup

Meat Alternative .75

3 Pierogies = 1 serving

HP 'CN' Pierogies

contribution:

Grain/Bread 2.75

Fruit/Vegetable 1/8 Cup

Meat Alternative 2 oz.

