CENTRAL HEALTH

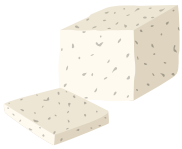
SOURCES OF **CALCIUM**



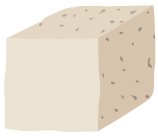
COLLARD GREENS



BOK CHOY



FETA



FIRM TOFU

COTTAGE CHEESE



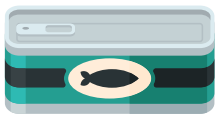
SUSHI ROLL



DRIED FRUITS



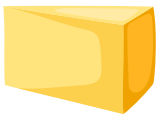
BROCCOLI



SARDINES



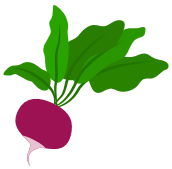
MILK



CHEDDAR



YOGURT



TURNIP GREENS

Updated 04/04/2024