



Cheese ***for*** ***it up***
Dairy Month

June is National Dairy Month!

**Be sure your students get their
3 servings a day of
*Milk, Yogurt and Cheese.***

Students need the calcium, protein and vitamin D found in milk for strong bones and muscles. Studies show that students who eat school lunches drink more milk than those who don't and are much more likely to meet their recommended daily intake of calcium.



CHOCOLATE MILK

This Dairy Month, get the facts about chocolate milk and the many benefits of adding it to your school's menu.

[Get the Chocolate Milk Facts](#)

CHEESY DAY!

June 4 is **National Cheese Day**, so shake up your school's menu with cheese.

Try our **Tex-Mex Pizza recipe** and check out our other delicious ideas!

[Get the Tex-Mex Pizza Recipe](#)



PEACHES 'N CREAM!

With lowfat vanilla yogurt and 1% milk, this popular recipe will be an instant winner!

Get Peaches 'N Cream Recipe



NDC
NORTH DAIRY COUNCIL

Peaches 'N Cream
Overnight Oats

