



For resources and
creative meal solutions,
contact
schools@milkm4u.org



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Dairy and Plant-Based Foods: The Perfect Power Couple!



**BALANCED
MEALS
FOR
BALANCED
LIVES!**

*Dairy & Plants
Better Together*

Include Dairy and Plants On Your School Menu!



Stay on trend with tastes *and* nutritional needs.

- **Serve dairy and plant-based** foods to make sure students are getting healthy, balanced meals that meet USDA requirements.
- **A truly balanced diet** as described on the USDA's MyPlate website* consists of dairy, proteins, grains, fruits and vegetables.
- **Balanced nutrition** leads to enhanced student health, wellness and academic achievement.

Help students achieve balanced lives by giving them balanced nutrition.

- **Serve** nutrient-packed milk, cheese and yogurt paired with fruits and vegetables.
- **Watch meal participation** rise when you use local farm-fresh foods to appeal to students on a daily basis.
- **Kids eat more** fruits, vegetables and whole grains when they're served with the dairy foods they love, in meals that are rich in vitamins and calcium.

Embrace Local Freshness.

Farm-to-school initiatives connect schools and communities with nearby farms while bringing locally sourced foods to students. This results in benefits for students, schools, farms and the environment.

Need Meal Ideas?

Ask us about student-tested and approved dairy-delicious, plant-based menu solutions.

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*Visit MyPlate.gov for details.