

For Kids**Help Plan Your School Lunch!**

With a parent, plan a great-tasting school lunch that includes the five **MyPlate** food groups. Remember that combination foods can count for more than one food group. (For example, a slice of pizza combines dairy, grains, and vegetables.)

**My School Lunch Menu**

Dairy: _____

Fruits: _____

Grains: _____

Vegetables: _____

Protein: _____

Fun Facts!

- Dairy cows get healthy fiber because their extra stomach compartments help them digest orange peels and even cotton seeds! How healthy is your diet?
- Cows rest 12-14 hours each day. How many hours do you rest each day?

For Parents **Pack School Lunches with Dairy Power!**

The school lunch program provides school children with great nutritionally balanced meals, but if you make your child's lunch, here are a few tips. Make it a power-packed day by including dairy products like low-fat cheese, yogurt, cottage cheese, and milk! Dairy products provide growing bodies with calcium*, an essential nutrient for strong bones that is especially important at this time in your child's development, when bone-mass production is at its peak. Remember that USDA **MyPlate** guidelines recommend 2.5 to 3 cups of milk or another dairy food every day for children 4-8 years old. Visit www.choosemyplate.gov/food-groups/dairy.html for more information.

**School Lunch Time-Savers**

-  Pack lunch-sized portions of dinner leftovers, like macaroni and cheese, into small re-usable containers that can be quickly placed in lunchboxes the next morning.
-  Slice and dice different varieties of cheese and fresh vegetables like celery, cucumber, and broccoli over the weekend, then store them in the fridge for quick access.
-  Mix yogurt or cottage cheese into fresh fruits stored in small, reusable containers.

Fresh, Local, Nutritious Milk

Did you know that your child's school lunch program offers milk sourced from local dairy farmers? To find out more about the ways that farmers serve your community, visit the American Dairy Association and Dairy Council website at www.adadc.com!

Dairy Power – Any Time, Any Day**Try this easy recipe with your child!**

Choose two of your favorite vegetables from the list below and write them into this delicious dairy-powered recipe. Then have a parent choose a third vegetable to create your own family recipe to try at home.

**Veggie and Cheese Scramble****Ingredients:**

- 2 eggs
- 1 tbsp. butter
- ¼ cup grated cheese (cheddar, mozzarella, pepper jack, etc.)
- Salt and pepper to taste
- Kid vegetable choice #1:

Kid vegetable choice #2: _____

Parent vegetable choice: _____

Directions:

1. Wash and cut veggies into small pieces. Set aside.
2. Crack eggs into a bowl and discard eggshells.
3. Beat eggs with a fork until smooth.
4. Stir in grated cheese and chopped vegetables.
5. Season with salt and pepper.
6. Place butter in pan and turn heat to medium high.
7. When butter has melted, pour egg mixture into bowl, stirring constantly until cooked.
8. Serve with a glass of fresh milk and enjoy!

Veggie List

Broccoli Cauliflower Kale Onion
Spinach Swiss Chard

* Children with dairy allergies must use other food sources for calcium and Vitamin D, such as dark green leafy vegetables or calcium-fortified foods. Children who are lactose intolerant can have lactose-free dairy products.