

December



CELEBRATION MOMENTS

[National Cocoa Day \(12/13\)](#)

FOOD FOR THOUGHT

Resources for [Flavored Milk](#)

CLASSROOM CONNECTION

How does your beverage stack up? handout in [English](#) and [Spanish](#).

FOR YOUR MENU

DAIRY JOKE: What do cows read in the morning? The moos-paper!

FUN FACT: Cows eat about 100 pounds of feed a day, which is like eating 600 peanut butter and jelly sandwiches!

RECIPE: Add variety to hot chocolate milk with flavor extracts or spices. Try mint, orange, cinnamon, nutmeg, or pumpkin pie spice. Promotional resources and flavored milk recipes for schools are available on our [DIY Flavored Milk Recipes page](#).

FREE STUFF

[Order](#) or download [Dairy Trivia, Facts & Jokes](#)

SOCIAL MEDIA POST TEMPLATES

Your own photos are best. If needed, these images from our [photo gallery](#) are approved for school use. If you use one of our posts, please tag us @NewEnglandDairy so we know this resource is helpful.

- School Meals 101: All school lunches include protein foods and some breakfasts do too. In addition to lean meats such as chicken or beef, we also offer non-meat alternatives such as yogurt, cheese, beans, and tofu. Protein has many functions including building and repairing muscle. *[Insert image of protein food on menu.]*
- It's #NationalHotCocoaDay. Start your day off right with protein and [12 other nutrients](#) by grabbing a cozy cup of hot chocolate milk to enjoy with your school breakfast. *[Insert image of hot chocolate milk.]*
- During this last week before our holiday break, we'd like to give a shout out to all the folks who don't have time off during the holidays including our local dairy farmers. Dairy farmers work 365 days a year to provide us with great tasting dairy foods like milk, cheese, & yogurt. Learn more about your local dairy farmers. *[Insert link to <https://www.newenglanddairy.com/meet-the-farm-families/>] [Insert image of dairy food or dairy farmer]*

Find ideas for [January](#) by visiting our [School Meals page](#)

