

# February



## CELEBRATION MOMENTS

[National Pizza Day 2/9](#)

[National Cheddar Day 2/13](#)

[Black History Month](#)

## FOOD FOR THOUGHT

[The History of James Hemings and Macaroni and Cheese](#)

[Four Black Innovators who Helped to Feed America](#)

February is Lactose Intolerance Awareness month. Learn more about lower lactose and lactose-free dairy options for schools [here](#).

80% of African Americans experience [lactose intolerance](#).

## CLASSROOM CONNECTION

[Hold Your Own School Pizza Challenge](#)

[Legacy Quilt Projects](#)- Contributions of Black Americans to American Food Culture

## FOR YOUR MENU

*DAIRY JOKE:* What did the mama cow say to the baby cow? It's pasture bedtime!

*FUN FACT:* Cheddar is the most popular natural cheese in the United States.

*RECIPE:* [Mac and Cheese with Homemade Cheese Sauce](#)

## FREE STUFF

I ❤️ Cheese [Stickers](#)

[Lactose Intolerance Toolkit](#)

## 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: Fruit component: All school breakfast and lunches offer a fruit at mealtime. Create a complete meal by choosing a fruit or vegetable. Check out our menu to see the variety of fruits we offer.
- If you're feeling cheesy, grab a slice of [types of pizza served] for lunch and celebrate #NationalPizzaDay.
- Lactose-free milk is available for those who are lactose intolerant. Our [menu item] made with [low lactose cheese option, yogurt, or lactose-free milk] is available for [meal it's served]. Lactose free milk is created from real cow's milk by breaking down lactose, a natural sugar in milk, into simple sugars making it easier for those with lactose intolerance to digest. Some dairy foods are naturally low in lactose. Learn which [here](#).
- Cheddar makes everything better. Cheddar is a variation of hard cheese that is low in lactose. Grab a [menu item with cheddar cheese] for [meal it's served at] to celebrate #NationalCheddarDay.

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

