

March



CELEBRATION MOMENTS

[National School Breakfast Week \(3/2-3/6\)](#)

[National Ag Day \(3/26\)](#)

[National Nutrition Month](#)

FOOD FOR THOUGHT

[Farmers Work Hard to Make Your Milk Safe](#)

[Your Local Dairy Farmers](#) - See who produces your milk

[50 Ways to Get Involved in National Nutrition Month](#)

[Plan your National School Breakfast Week Celebration](#)

CLASSROOM CONNECTION

[Media Mayhem](#) - this unit explores the impacts of food production on the environment

New England Dairy [Virtual Farm Tours](#) and [Dairy Farm Scavenger Hunt](#)

FOR YOUR MENU

DAIRY JOKE: Why are cows so good at math? They have a built in cowculator

FUN FACT: You would have to eat 16 servings of spinach to get the same amount of calcium in one 8-oz carton or glass of milk.

RECIPE: [Peaches 'N Cream Dip](#)

FREE STUFF

Milk is Local Bookmarks in [English](#) and [Spanish](#)

[My Plate Placemat](#) with dairy activities for [Bulletin Boards](#) and [Students](#)

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 offer whole grains, fruits, vegetables, lean protein, and dairy to create a well-balanced diet that nourishes and supports our students growth and learning. We celebrate #NationalNutritionMonth all year long.
- School Meals 101: Vegetables are provided as an option with every school lunch. Add a vegetable to make a complete meal. They provide fiber, vitamins, and minerals to keep your students going.
- Come celebrate National School Breakfast Week with [insert name of school/district]. School breakfast is a key part in fueling students to [reach their potential](#)
#surfsupwithschoolbreakfast #NSBW2026
- America's farmers are proud stewards of our land, water and air. Join us in showing thanks by choosing [insert locally sourced breakfast and lunch items such as milk, fruits, vegetables, etc.] on National Ag Day, March 18, 2025. Learn how your milk is [local](#).
#AgDay26

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

