

September



CELEBRATION MOMENTS

[World School Milk Day 9/24](#)

[National Chocolate Milk Day 9/27](#)

[Hispanic Heritage Month 9/15-10/15](#)

FOOD FOR THOUGHT

10 [Reasons](#) & 10 [Ways](#) to Encourage Students to Drink Milk

CLASSROOM CONNECTION

[Fuel Your Game Day](#) - Every Day is Game Day

FOR YOUR MENU

DAIRY JOKE: What do you get when you cross a cow and a duck? Milk and quackers!

FUN FACT: Milk is produced in all 50 states, making it a consistently local food no matter where you live.

RECIPE: [Cheesy Rice](#) (Arroz con Queso) inspired by Hispanic flavors

FREE STUFF

I ❤️ Milk [Stickers and Dairy Nutrition Posters](#)

[Milk: Nutrient Powerhouse](#) in English and Spanish

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: Students can choose up to four items from our breakfast menu including fruit, whole grains, milk, protein, and vegetables. They must choose three items including a fruit or vegetable to make a breakfast meal. *[Insert link to breakfast menu] [Insert image of breakfast with four items.]*
- School Meals 101: Students can choose up to five items from our lunch menu including fruit, whole grains, milk, protein, and vegetables. They must choose three items including a fruit or vegetable to make a lunch meal. *[Insert link to lunch menu.] [Insert image of lunch with five items.]*
- Today we raise a carton to toast [#WorldSchoolMilkDay or #NationalChocolateMilkDay]. Chocolate milk offers the same essential nutrients and high-quality protein as white milk, making it a great choice to fuel your mind and body. *[Insert link to <https://www.newenglanddairy.com/flavored-milk/>] [Insert photo of milk toast with cartons]*
- Fun Fact: New England farm families work 365 days a year to care for their cows and provide the milk on your tray. It takes as little as 2 days for milk to go from the farm to our school. Learn more about where our dairy foods come from. *[insert link to <https://www.newenglanddairy.com/on-the-farm/>]*

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

