

September



CELEBRATION MOMENTS

[World School Milk Day 9/30](#)

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

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

FOOD FOR THOUGHT

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

[Why Chocolate Milk for Kids](#)

Blog: [Student Approved DIY Flavored Milk for School Meals](#) (includes recipes)

CLASSROOM CONNECTION

[Dairy Innovation Kit Lessons](#): Dairy Good for the Body & Dairy Good for the Planet

FOR YOUR MENU

DAIRY JOKE: Where do cows eat lunch? Answer: In the calf-eteria!

FUN FACT: Cows produce on average about 6-8 gallons of milk per day.

BREAKFAST RECIPE: [Apple and Cinnamon Overnight Oats](#)

LUNCH RECIPES: [Enchiladas Verdes](#) and [Esquites](#) (Mexican Street Corn)

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.*

- 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](#)

