

October



CELEBRATION MOMENTS

[National Farm to School Month](#)

[National School Lunch Week](#)

[National Taco Day \(10/5\)](#)

[National Farmers Day \(10/12\)](#)

FOOD FOR THOUGHT

[10 School Milk Facts](#)

[Sustainability in the Dairy Industry](#)

CLASSROOM CONNECTION

Meet our New England dairy farmers: [Profiles by State](#)
[Virtual Farm Tour](#) at Shaggy Coos Farm

FOR YOUR MENU

DAIRY JOKE: Why did the cow cross the road? To get to the udder side!

FUN FACT: Milk is produced in all 50 US states. It is a local food no matter where you live.

BREAKFAST RECIPE: [Apple Nachos](#)

LUNCH RECIPES: [Fish Tacos](#) or [Beef and Lentil Tacos](#)

FREE STUFF

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

[Milk is Local Pencils](#)

[Discover Dairy Activity Book](#)

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 is #NationalTacoDay! Tacos are a quick and easy way to incorporate vegetables, dairy, and protein into a meal or snack. Topping tacos with cheese adds high-quality protein, calcium, and tons of flavor. Learn more about the [history of tacos](#). [Insert link <https://www.spanish.academy/blog/the-origin-and-history-of-mexicos-most-famous-food-the-taco/>] [Insert photo of your school's tacos]
- Celebrate #NationalFarmersDay by thanking a local farmer. Hundreds of New England Dairy farms are committed to nourishing their local communities with milk and our favorite dairy foods. <https://www.newenglanddairy.com/meet-the-farm-families/> [Insert photo of farmer or cows]

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

