

Did you know...

When your students don't choose milk at lunch, it is almost impossible to get enough important nutrients essential daily for growth.

Milk, it's spot on.



New England
Dairy

PROTEIN

28 grams with milk
20 grams without milk

CALCIUM

41% daily value
with milk

17% daily value
without milk



Maximize Your Milk

10 Tips to Boost Your Family's Nutrition

1. **FREEZE MILK INTO ICE CUBES** to add to smoothies, sauces or soups.
2. **MARINATE AND TENDERIZE CHICKEN:** Add 1 tablespoon lemon juice to 1 cup whole milk. Let sit 5 minutes. Add favorite seasonings, pour over chicken and refrigerate overnight.
3. **PREP HOMEMADE POPSICLES** by blending milk with yogurt and fruit, then freeze in a popsicle mold.
4. **USE MILK INSTEAD OF WATER** when making things like oatmeal or mac and cheese.
5. **MAKE OVERNIGHT OATS** with milk.
6. **ENJOY A COOKIE** with a glass of milk.
7. **WHIP UP A BATCH OF SMOOTHIES** with your favorite frozen fruit, yogurt and milk.
8. **MAKE YOUR OWN YOGURT!** If you have a programmable pressure cooker, such as an Instant Pot, it will do the work for you. You can find our "Homemade Yogurt" recipe at our website listed below.
9. **CHOCOLATE MILK IS THE ORIGINAL HOT CHOCOLATE.** Heat in microwave or on stovetop and garnish with whipped cream.
10. **MAKE PANCAKES, WAFFLES OR BISCUITS** with milk and freeze for easy reheat-and-eat breakfasts.

Recipes available at www.NewEnglandDairy.com

Content courtesy of United Dairy Industry of Michigan