

# November



## CELEBRATION MOMENTS

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[National Nachos Day \(11/6\)](#)

## FOOD FOR THOUGHT

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[8 Ways Cheese Can Help Your Body](#)

The [History of Baseball Stadium Nachos](#)

## CLASSROOM CONNECTION

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[Healthy Food, Healthy Body, Healthy Mind](#) Learning Plan

## FOR YOUR MENU

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

*FUN FACT:* A Holstein's spots are like fingerprints—no two cows have exactly the same pattern of black and white spots.

*RECIPE:* Easy [School-Made Cheese Sauce](#) from East Hampton Public Schools, CT

## FREE STUFF

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I ❤️ Cheese [Stickers](#)

## SOCIAL MEDIA POST TEMPLATES

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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 nacho average day, it's #NationalNachosDay! This customizable, cheesy dish can be made into a healthy meal or snack with the addition of lean protein, veggies on whole grain chips. Learn more about the history of nachos. *[Insert link to <https://www.smithsonianmag.com/arts-culture/the-history-of-baseball-stadium-nachos-53046650/>]* *[Insert photo of your school's nachos]*
- School meals are beneficial for all students. When more students participate in our program we can invest in new equipment and menu items. Learn more about the importance of school meals. *Insert link to <https://www.newenglanddairy.com/blog-post/supporter-of-school-meals/>]* *[Insert photo of one of your meals]*
- This week we are thankful for our family and friends, and those who work every day to prepare meals for our students. We hope you have a wonderful holiday and lots of yummy food to eat. *[Insert image of staff preparing food in kitchen]*
- School Meals 101: School meals must meet strict nutritional guidelines set by the government. These rules align with the Dietary Guidelines for Americans, and our program is evaluated every five years. *[Insert link to <https://www.dietaryguidelines.gov/>]* *[Insert image of a meal]*

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

