

November



November is a time for giving thanks and celebrating nachos! Celebrate [National Nachos Day \(11/6\)](#) with a build your own nacho bar using the cheese sauce recipe below.

FOOD FOR THOUGHT

- [8 Ways Cheese Can Help Your Body](#)
- The [History of Baseball Stadium Nachos](#)
- [RECIPE: School-Made Cheese Sauce](#) from East Hampton Public Schools, CT

CLASSROOM CONNECTION

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

FREE STUFF

- I ❤️ Cheese [Stickers](#)

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 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 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 three years. *[Insert link to <https://www.dietaryguidelines.gov/>]* *[Insert image of a meal]*

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

