

September



Get ready to celebrate [World School Milk Day & National Chocolate Milk Day on 9/27](#) and the start of the school year by encouraging kids to choose milk on these special days and every day.

FOOD FOR THOUGHT

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

CLASSROOM CONNECTION

- [Fuel Your Game Day](#) - Every Day is Game Day

FREE STUFF

- I "Heart" Milk [Stickers](#)
- Set of three [School Nutrition Posters](#)
- [Milk: Nutrient Powerhouse](#) in English and Spanish

SOCIAL MEDIA POST TEMPLATES

- Welcome back to school! Breakfast & lunch are ready and waiting for all students. Check out September's menu. *[Insert link to your menu.] [Include image of school nutrition staff.]*
- School Meals 101: Students can choose up to four items from our breakfast menu including fruit, whole grains, milk, protein, and vegetables. They must choose three items including a fruit or vegetable to make a breakfast meal. *[Insert link to breakfast menu] [Insert image of breakfast with four items.]*
- School Meals 101: Students can choose up to five items from our lunch menu including fruit, whole grains, milk, protein, and vegetables. They must choose three items including a fruit or vegetable to make a lunch meal. *[Insert link to lunch menu.] [Insert image of lunch with five items.]*
- Today we raise a carton to toast #WorldSchoolMilkDay and #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]*

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

