

Now Serving: Whole Milk with School Lunch



More Milk Choices for Growing Kids

School lunch can now include [whole & reduced fat milk](#). Schools that offer the milk choices students want, help ensure students get the [nutrition they need](#).

Milk at any fat level contains nutrients important for child health and development. Including 8 grams of high-quality protein and 13 essential nutrients

Schools must offer at least two different milk options daily, with flexibility to include flavored or unflavored.

Schools can now serve:

- Whole (3.25%) milk
- Reduced-fat (2%) milk
- Low-fat (1%) milk
- Fat-free milk
- Lactose-free dairy milk
- Non-dairy beverages with a nutrition equal to milk



What the Research Shows

- Dietary fat is important for childhood growth. It supports energy needs, brain development, and absorption of fat-soluble vitamins. [Reference](#)
- Whole and reduced-fat milk are not linked to higher obesity risk in children. [Reference](#)
- The saturated fat in dairy has been linked to health benefits including gut health, improved body composition, and satiety (feeling fuller for longer). [Reference](#)

More Choices Matter

Milk provides the calcium, vitamin D, and high quality protein that support growth, learning, and active days. According to recent consumer research, 74% of milk purchased at retail is whole or 2%. More milk choices at school means kids are more likely to drink the kind of milk they enjoy.

School Meals Support Your Family's Routine

[The Dietary Guidelines](#) recommend 3 servings of dairy daily for most. School meals make it easier for kids to get what they need with more options kids enjoy.

