



For resources and creative meal solutions, contact

schools@milk4u.org



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Dairy and Plant-Based Foods:
The Perfect Power Couple!



Include Dairy and Plants On Your School Menu!

by giving them balanced nutrition.

- Serve nutrient-packed milk, cheese and yogurt paired with fruits and vegetables.
- local farm-fresh foods to appeal to students on a daily basis.
- Kids eat more fruits, vegetables and whole foods they love, in meals that are rich in

Help students achieve balanced lives

• Watch meal participation rise when you use

grains when they're served with the dairy vitamins and calcium.

Embrace Local Freshness.

Farm-to-school initiatives connect schools and communities with nearby farms while bringing locally sourced foods to students.

This results in benefits for students, schools, farms and the environment.

Need Meal Ideas?

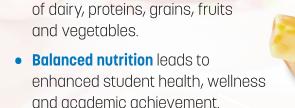
Ask us about student-tested and approved

dairy-delicious, plant-based menu solutions.

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BALANCED MEALS **BALANCED** LIVES!

Dairy & Plants Better Together



• A truly balanced diet as described on the USDA's MyPlate website* consists

Stay on trend with tastes and

 Serve dairy and plant-based foods to make sure students are getting healthy, balanced meals that meet

nutritional needs.

USDA requirements.

*Visit MyPlate.gov for details