

# Did you know...

When your students don't choose milk at lunch, it is almost impossible to get enough important nutrients essential daily for growth.

**Milk, it's spot on.**



## **PROTEIN**

28 grams with milk  
20 grams without milk

## **CALCIUM**

41% daily value  
with milk

17% daily value  
without milk



# Maximize Your Milk

## 10 Tips to Boost Your Family's Nutrition

- 1. FREEZE MILK INTO ICE CUBES** to add to smoothies, sauces or soups.
- 2. MARINATE AND TENDERIZE CHICKEN:** Add 1 tablespoon lemon juice to 1 cup whole milk. Let sit 5 minutes. Add favorite seasonings, pour over chicken and refrigerate overnight.
- 3. PREP HOMEMADE POPSICLES** by blending milk with yogurt and fruit, then freeze in a popsicle mold.
- 4. USE MILK INSTEAD OF WATER** when making things like oatmeal or mac and cheese.
- 5. MAKE OVERNIGHT OATS** with milk.
- 6. ENJOY A COOKIE** with a glass of milk.
- 7. WHIP UP A BATCH OF SMOOTHIES** with your favorite frozen fruit, yogurt and milk.
- 8. MAKE YOUR OWN YOGURT!** If you have a programmable pressure cooker, such as an Instant Pot, it will do the work for you. You can find our "Homemade Yogurt" recipe at our website listed below.
- 9. CHOCOLATE MILK IS THE ORIGINAL HOT CHOCOLATE.** Heat in microwave or on stovetop and garnish with whipped cream.
- 10. MAKE PANCAKES, WAFFLES OR BISCUITS** with milk and freeze for easy reheat-and-eat breakfasts.

Recipes available at [www.milkmeansmore.org](http://www.milkmeansmore.org).