

GREAT NEWS!

Your school may now offer **whole and 2% milk for lunch!**

Now you can pick your favorite way to enjoy milk's
great nutrition!



All real cow's milk provides 13 essential nutrients:

- protein
- calcium
- vitamin D
- vitamin A
- phosphorus
- vitamin B12
- niacin
- riboflavin
- pantothenic acid
- potassium
- iodine
- selenium
- zinc

Scan to learn more about
milk's nutrition and its place
in your school's cafeteria.



Source: USDA FoodData Central online at <https://fdc.nal.usda.gov/>. Values calculated from database entries across all fat levels of plain vitamin D-fortified fluid milk in Legacy, Foundation, and Survey (FNDDS) data sources.



Developed by
American Dairy
Association North East