Aim for Color We eat with our eyes as well as our taste buds.

Use Bento Boxes for the framework of your child's lunch to promote portion control and different foods in each box! Italian today, Mexican tomorrow!

Use Leftovers for kids! Kids have favorite dinners that pack well in plastic containers or thermoses for their lunch meal.

In a Sandwich Rut? Wrap it up instead! Make pinwheels or roll-ups with their favorites.

Involve your Kids in lunch prep which increases their likelihood of consuming the meal at school!

Pack it with Love

Packing your child's lunch is a great way to ensure healthy, well-balanced meals. Here are some suggestions to keep lunches creative and interesting for kids of all ages!

AmericanDairy.com

Share your favorite lunch box meals with us!

Here's how...
1) Snap a photo of your favorite lunch box meal
2) Create your own lunch box caption
3) Use hashtag #DairyLunchbox
4) Tag us @AmericanDairyNE @CabotCheese
5 Ways to Keep Dairy Cold

1. Purchase portable yogurts and store in freezer until they’re needed in your child’s lunch.

2. Freeze fruits like grapes, cherries, mangoes and more to help keep dairy foods chilled, then enjoy when thawed!

3. Make smoothies ahead of time, freeze in single serving containers and pack it in a lunch box when desired.

4. Make sure to buy insulated lunch bags and thermoses to insure your food is kept cool from the moment it leaves the refrigerator/freezer.

5. When assembling your child’s lunch bag, make sure to place dairy foods close to 2 frozen gel packs to insure they’re kept fresh and cold until your child eats lunch.

Best Packable Dairy Foods

✓ Shelf Stable Milk – A whole, natural nutrient powerhouse
✓ Chocolate Milk – The essential choice for active kids
✓ String Cheese – A delicious protein packed snack
✓ Greek/Icelandic Yogurt – Helps keep kids satisfied
✓ Shredded Cheese – Sprinkle on the taste!
✓ Yogurt Tubes – Provide calcium for growing kids
✓ Cabot® Cracker Cuts – An easy, pre-cut addition to build a better snack

Recipe Corner

Quesadillas
Melt shredded cheese between two whole-wheat tortillas. Cool and cut into 4 sections. Feel free to pack typical toppings for your child to build their favorite quesadilla at school (like salsa, guacamole and sour cream).

Ranch Dip
Use plain Greek yogurt and add ranch or taco seasoning mix for a dip for your favorite veggies or wrap.

Don’t Forget the Milk Money
At just 35 cents and kept cold at 35 degrees – this farm fresh beverage is something ALL schools have available!

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