

**GREAT NEWS!**

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

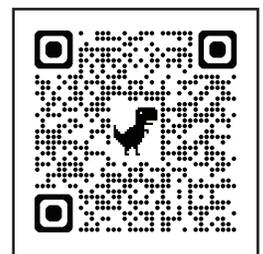
Now you can pick your favorite way to enjoy milk's great nutrition!



## 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.



**AMERICAN DAIRY  
ASSOCIATION**  
NORTH  
EAST

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.