

GREAT NEWS!

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

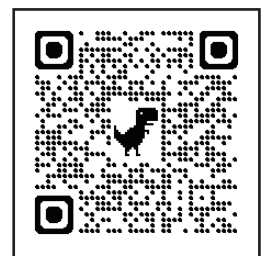
Now you can pick your favorite way to enjoy milk's great nutrition!



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
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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.