

# May



## CELEBRATION MOMENTS

[Physical Fitness and Sports Nutrition Month](#)  
[National School Lunch Hero Day \(5/2\)](#)

## FOOD FOR THOUGHT

Celebrate your school lunch heroes with free cheese by hosting a webinar watch party. See the details in our [Watch Party Guide](#).

Other ways to [Celebrate School Lunch Hero Day](#)

Get ready for warmer weather with our [Chill Out With Cold Milk](#) resources

## CLASSROOM CONNECTION

[Fuel Your Game Day - Every Day is Game Day](#)

[Healthy Food, Healthy Mind, Healthy Body](#)

## FOR YOUR MENU

*DAIRY JOKE:* Where do cows go when they want a night out? Answer: The moo-vies

*FUN FACT:* Chocolate milk has the perfect amounts of protein and carbohydrates to support muscle refuel and repair.

*RECIPE:* [Protein Smoothie](#)

## FREE STUFF

I Heart Milk [Stickers](#) and Mooga [Posters](#)

## SOCIAL MEDIA POST TEMPLATES

Your own photos are best. If needed, these images from our [photo gallery](#) are approved for school use.

If you use one of our posts, please tag us @NewEnglandDairy so we know this resource is helpful.

- Kids need 60 minutes of physical activity a day. Eating breakfast and lunch can help you stay strong and energized during activity. What's your favorite activity?
- Thank you to our wonderful [*insert school/ district*] cafeteria staff for being our #SchoolLunchHeros. They are here every school day, working hard to create healthy meals for our students.
- Chocolate milk is a great choice for fueling up after physical activity. It provides energy, protein, hydration and nutrients to power you through your day.
- Flavored milk in schools is lower in added sugar than store bought milk. Students who drink milk, including flavored milk, have better diet quality than those who don't. Check out our menus to see the meals students can pair with milk.

Find ideas for **June** by visiting our [School Meals page](#)

