

# September



## CELEBRATION MOMENTS

[World School Milk Day 9/25](#)

[National Chocolate Milk Day 9/27](#)

[Hispanic Heritage Month 9/15-10/15](#)

## FOOD FOR THOUGHT

10 [Reasons](#) & 10 [Ways](#) to Encourage Students to Drink Milk

## CLASSROOM CONNECTION

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

## FOR YOUR MENU

**DAIRY JOKE:** What do you get when you cross a cow and a duck? Milk and quackers!

**FUN FACT:** Cows are red-green color blind, which means they cannot see red

**RECIPE:** [Cheesy Rice](#) (Arroz con Queso) inspired by Hispanic flavors

## FREE STUFF

I ❤️ Milk [Stickers and Dairy Nutrition Posters](#)

[Milk: Nutrient Powerhouse](#) in English and Spanish

## 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.*

- Welcome back to school! Breakfast & lunch are ready and waiting for all students. Check out September's menu. *[Insert link to your menu.] [Include image of school nutrition staff.]*
- School Meals 101: Students can choose up to four items from our breakfast menu including fruit, whole grains, milk, protein, and vegetables. They must choose three items including a fruit or vegetable to make a breakfast meal. *[Insert link to breakfast menu] [Insert image of breakfast with four items.]*
- School Meals 101: Students can choose up to five items from our lunch menu including fruit, whole grains, milk, protein, and vegetables. They must choose three items including a fruit or vegetable to make a lunch meal. *[Insert link to lunch menu.] [Insert image of lunch with five items.]*
- Today we raise a carton to toast [[#WorldSchoolMilkDay](#) or [#NationalChocolateMilkDay](#)]. Chocolate milk offers the same essential nutrients and high-quality protein as white milk, making it a great choice to fuel your mind and body. *[Insert link to <https://www.newenglanddairy.com/flavored-milk/>] [Insert photo of milk toast with cartons]*

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

