

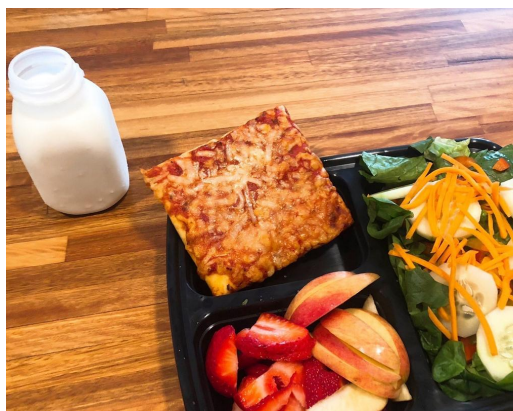
Nutrition on the Move

Grab and Go Style Menu Ideas



Lunch

Make dairy your go-to lunch ingredient. Milk, cheese, and yogurt are integral to school meals because of their **unique nutrient package**.



Chilled Pizza and Salad Picnic Box

Pizza square with whole grain crust and garden salad. Serve with fruit and choice of fresh, cold milk.

Shaker Salad

Layers of greens; red, yellow, and orange veggies; sunflower seeds, dried cranberries, cheese, and a hard-boiled egg with a creamy yogurt dressing*. Serve with fruit, a whole grain roll, and choice of fresh, cold milk.



BBQ Chipotle Bean Salad* and Chicken Box

Garbanzo, pinto, and black beans are dressed with BBQ Chipotle yogurt dressing. Serve with crispy chicken, whole wheat tortilla, fruit, vegetable, and choice of fresh, cold milk.



Power Lunch Bento

Cheese, deli meat, hard-boiled egg, seeds and/or hummus is paired with whole grain pita chips, a variety of fresh vegetables, apple slices, dried fruit and choice of fresh, cold milk.



Fiesta Parfait*

Layers of beans, seasoned yogurt, salsa, lettuce, and cheese. Serve with whole grain crackers, pita, or tortilla chips; two kinds of fruits, and choice of fresh, cold milk.

Check with your manufacturer specification on serving size amounts to make sure recipes meet meal pattern requirements.

*Visit NewEnglandDairy.com for these recipes and other school meal resources.

Nutrition on the Move

Grab and Go Style Menu Ideas



New England
Dairy

Breakfast

Milk, cheese, and yogurt are good or excellent sources of **9 essential nutrients** and a strong foundation for a grab and go breakfast.



Waffle Grilled Cheese

Whole grain waffles and melted Cheddar cheese. Serve with fruit and choice of fresh, cold milk.



Greek Yogurt Banana Muffin* Combo Box

Greek Yogurt Banana Muffin, fruit, yogurt, and choice of fresh, cold milk.



Peaches & Cream Waffle Dunkers*

Peach and yogurt cup with waffle sticks. Serve with fruit and choice of fresh, cold milk.



New England Breakfast Bento

Mix and match flavors with cheddar cheese, sliced apples, grapes, whole wheat graham crackers, and choice of fresh, cold milk.

Breakfast Basket Bento

Combine a variety of flavors for breakfast including yogurt, fruit, whole grain graham crackers, and choice of fresh, cold milk.



*Visit NewEnglandDairy.com for these recipes and other school meal resources.

Check with your manufacturer specification on serving size amounts to make sure recipes meet meal pattern requirements.