



For resources and  
creative meal solutions,  
contact  
[schools@milk4u.org](mailto:schools@milk4u.org)



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Dairy and  
Plant-Based  
Foods:

# The Perfect Power Couple!



**BALANCED  
MEALS  
FOR  
BALANCED  
LIVES!**

*Dairy & Plants  
Better Together*



# Include Dairy and Plants On Your School Menu!



## Stay on trend with tastes *and* nutritional needs.

- **Serve dairy and plant-based** foods to make sure students are getting healthy, balanced meals that meet USDA requirements.
- **A truly balanced diet** as described on the USDA's MyPlate website\* consists of dairy, proteins, grains, fruits and vegetables.
- **Balanced nutrition** leads to enhanced student health, wellness and academic achievement.

\*Visit MyPlate.gov for details.

## Help students achieve balanced lives by giving them balanced nutrition.

- **Serve** nutrient-packed milk, cheese and yogurt paired with fruits and vegetables.
- **Watch meal participation** rise when you use local farm-fresh foods to appeal to students on a daily basis.
- **Kids eat more** fruits, vegetables and whole grains when they're served with the dairy foods they love, in meals that are rich in vitamins and calcium.

## Embrace Local Freshness.

**Farm-to-school initiatives** connect schools and communities with nearby farms while bringing locally sourced foods to students.

This results in benefits for students, schools, farms and the environment.

## Need Meal Ideas?

**Ask us about** student-tested and approved dairy-delicious, plant-based menu solutions.

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