

SCHOOL LUNCHES MADE EASY



BACK TO BASICS

Health and wellness are the priority for our community and schools. As we adjust and move forward together, parents and caregivers can still rely on 100% Canadian milk to nourish children and fuel their learning potential while at school.

YOUR SCHOOL'S COMMITMENT TO NUTRITION



The **School Milk Program** encourages students to develop the healthy habit of drinking milk by making it available at lunch and celebrating milk throughout the year as a nutritious choice.

Everyone plays an important role in the School Milk Program. The **school** makes cold refreshing milk available to students, **parents** help their children purchase milk, and **students** drink milk – a nutritional powerhouse to complete their lunch.

The benefits:

- Cold milk is available to students
- It's easy and convenient for parents
- It encourages life-long healthy eating habits

For more information about your school's Milk Program and how your child can drink milk at school, call the school and ask for the school's Milk Coordinator.

PURCHASING MILK AT SCHOOL MEANS ONE LESS THING TO PACK!

To plan a school lunch (or any meal),

- offer one (1) or more items from each of the foods grouped below AND
- include a **bone building*** food to ensure the presence of calcium and protein, both needed for children to develop strong bones.

**foods highlighted in blue are good sources of calcium and protein.*

The key to a healthy eating pattern is variety!

The lunch box below shows some food ideas, but are not limited to these choices. Many nutritious foods also combine 2 or more options from the foods grouped below. Use these examples for inspiration.



SCHOOL LUNCH IDEA

BANANA BREAD OVERNIGHT OATS

Makes: 1 serving

Ingredients:

1/2 cup (125 mL) rolled oats

1 tsp (5 mL) honey

1/4 tsp (1 mL) cinnamon

1/2 cup (125 mL) milk

1 banana

1/2 cup (125 mL) vanilla yogurt

Directions:

1. Find a 2-cup reusable container with lid. In the container, place oats in bottom, drizzle honey over top; sprinkle with cinnamon and pour in milk.
2. Peel and slice banana and add into container. (For something different, try replacing the banana with 1/2 cup (125 mL) of any cut fruit.)
3. Top container with yogurt. Cover tightly with lid; refrigerate overnight (or for 8 hours). Serve cold. Oats will last 3 days in the refrigerator.

For more ideas check out our recipe collection at dairyfarmersmb.ca/at-your-table/



The School Milk
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