

Dairy Promotion Calendar For School Cafeterias

March • April • May - 2017



March

- Nat'l Nutrition Month
- Nat'l School Breakfast Week (March 6-10)
- Dr. Seuss Day/Nat'l Read Across America Day (March 2)
- Int'l School Meals Day (March 5)
- Pi Day (March 14)
- St. Patrick's Day (March 17)
- Spring Begins (March 20)

April

- Nat'l Grilled Cheese Month
- Nat'l Kite Month
- Nat'l Poetry Month
- School Library Month
- Stress Awareness Month
- Metric System Day (April 7)
- Earth Day (April 22)

May

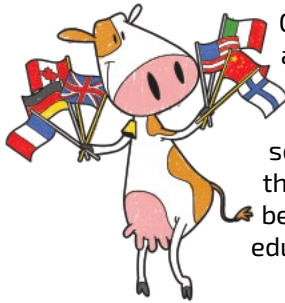
- Food Allergy Action Month
- Nat'l Physical Fitness and Sports Month
- School Principals' Day (May 1)
- Cinco de Mayo (May 5)
- School Lunch Hero Day (May 6)
- School Nurse Day (May 6)

March 6-10 National School Breakfast Week

Breakfast builds better bodies, provides fuel for school and boosts brain power! Studies show that when kids eat breakfast, they have higher test scores, improved daily attendance and better class participation.



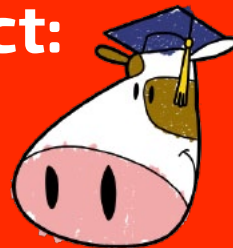
Int'l School Meals Day



Celebrated by schools around the world, International School Meals Day helps schools strengthen the connection between healthy eating, education and learning.

Fun Fact:

The grilled cheese sandwich was a mainstay during The American Great Depression of the 1930's.



Down-on-their-luck citizens could usually afford an inexpensive grilled cheese. And the meal provided sufficient nutrition to keep them going for a few hours more.

April is National Grilled Cheese Month!



Add grilled cheese sandwiches and soup to your menu to celebrate America's favorite sandwich.

April 22 is Earth Day

Supporting farms helps to preserve open space across the country. Learn more about the benefits of open space at www.fs.fed.us/openspace



Nat'l Physical Fitness and Sports Month

Students who enjoy nutritious diets have more energy to get active. Ensure kids are getting what they need with dairy. Milk provides nine essential nutrients and has plenty of protein to help rebuild exhausted muscles.



May 5: Cinco de Mayo!

Incorporate fun foods like tacos and fajitas with cheese and sour cream into school menus to commemorate this Mexican holiday. The festivities honor an unlikely victory in the French-Mexican War.

May 6 is School Lunch Hero Day!

Who are the heroes of your school cafeteria? Encourage staff to dress as super heroes for the day! Have the students write thank you cards to show their appreciation.



Brought to you by the Dairy Farm Families of the Southeast.