

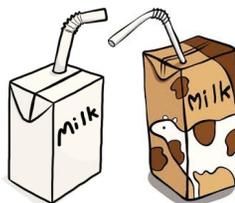


June Dairy Month



Health Benefits of Milk

- ~ Milk is the leading source of nine essential nutrients for children 2-18 years old.
- ~ Milk is a great source of calcium, which is essential for building healthy bones and teeth.
- ~ Milk contains protein, which helps to rebuild muscles.
- ~ An 8-ounce serving of milk, flavored or white, gives our students as much...
 - Vitamin A as 2 hard boiled eggs
 - Phosphorus as 1 cup of canned kidney beans
 - Calcium as 10 cups of raw spinach
 - Protein as one baked chicken thigh
 - Riboflavin as 1/3 cup of whole almonds
 - Vitamin D as 3/4 ounce of cooked salmon
 - Potassium as one small banana



Did You Know?...

The majority of school-aged children do not meet the current daily recommendations for milk and dairy products. School meals are a great opportunity to increase their daily milk and dairy consumption!

Our schools' cafeterias serve nutritious dairy products as part of a school breakfast and lunch everyday! Students can come and in and have a low-fat or non-fat milk with their school meal. Also, they can choose to have a low-fat yogurt served with reduced-fat string cheese, rainbow goldfish crackers and fresh fruits and vegetables for a healthy, dairy-filled lunch that is available everyday!

Recommended Daily Servings of Dairy Products

Children ages 2 to 3	2 cups
Children ages 4 to 8	2 ½ cups
Children 9 years and older	3 cups
Active teenagers	4 cups

What Counts as a Cup in the Dairy Group?

- * Milk (choose low-fat or non-fat) = 1 cup or 8 fluid ounces
- * Yogurt (choose fat-free or low-fat) = 1 cup or 8 fluid ounces
- * Cheese (choose reduced-fat or low-fat) = 1 ½ ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan) or 2 ounces processed cheese (American)



Important Information Regarding Student Balances:

- Please pay negative balances prior to the last day of school, June 22, 2016. You are welcome to call the Nutrition Services Office or log onto family.titank12.com for your current balance.
- Any remaining positive balance will be rolled over to the next school year. A parent or guardian may request the fund balances be refunded or transferred to a sibling.

Please contact the Nutrition Services Office with any questions at 310-972-6350.