

FUEL YOUR FAMILY

HEALTHY MEAL OPTIONS SUPPORT SCHOOL SUCCESS

The start of the school year introduces many schedule changes, including mealtimes. Whether your children enjoy school-prepared breakfast and lunch, or eat breakfast at home and bring a lunch, well-balanced meals will set up your children for success. Quality meals will improve school performance and boost energy.

A well-balanced meal offers protein (meat, dairy, eggs, legumes or nuts), whole grains (bread, rice, cereal, flour or pasta), fruit, vegetables and milk.



BREAKFAST

Start the day right with breakfast. A breakfast that includes protein will keep hunger away. This is especially important if your children have a late lunch or an active morning.

Quick-and-easy ideas

Yogurt Parfait: Layer Greek yogurt with fruit and granola.

Breakfast sandwich: Top a whole-grain English muffin with scrambled eggs, cheese and tomato.

Fruit sandwich: Toast whole-grain bread and top with nut butter and a favorite fruit, such as bananas or strawberries.

Smoothie: Blend 1 cup chocolate milk, 4 ounces of Greek yogurt, 2 tablespoons peanut butter and 1 frozen banana.

LUNCH

After a long morning of learning, children need to refuel at lunch. Encourage your children to drink milk. Milk provides 13 essential nutrients growing children need.

Quick-and-easy ideas

Kabobs: Skewer deli meat, tomatoes and cheese cubes.

Pita sandwich: Fill a whole-grain pita with deli meat, cheese and lettuce. Serve with a side of blueberries.

Quesadillas: Top a whole-grain tortilla with cheese and chicken. Serve with red peppers and grapes.

AFTER-SCHOOL SNACKS

When your children burst through the door after school, offer a healthy snack to boost energy for after-school activities.

Quick-and-easy ideas

- Serve fruit with a yogurt dip
- Pair apple slices with string cheese
- Offer chocolate milk with graham crackers topped with peanut butter.

Be Dairy STRONG

FUEL THE ENTIRE FAMILY WITH DAIRY



Keep your heart
beating strong
with dairy.

Build your bones
with milk.



Flex your
muscles fueled
by dairy.

Dairy foods grow
strong teeth.



Dairy helps your
eyes see better.

Yogurt keeps
digestion on
track.



IT'S AS EASY AS 1-2-3

The federal Dietary Guidelines for Americans recommend three servings of low-fat or fat-free dairy a day for everyone age 9 and older. For children age 2 to 8 years old, the guidelines recommend 2 to 2-1/2 servings a day.

Look to milk, yogurt, cheese and cottage cheese to support your child's growth and development. Milk adds to the quality of any meal. An 8-ounce cup of milk delivers 13 essential nutrients, including calcium, potassium, vitamin A, several B vitamins, vitamin D and protein. A serving of milk delivers one-third of the recommended daily allowance of calcium.

DAIRY SERVING SIZES



8 ounces of milk

1 cup of yogurt



1-1/2 ounces of
cheese



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