

American Dairy Association Mideast

Dairy Across the Plate

**June Wedd,
V.P. School Wellness**

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School Wellness Manager**



Dairy's Place on MYPlate

Choose low fat or fat free dairy foods



Milk, Cheese, and Yogurt

- 2-3yo: 2 servings *whole milk age 1-2yo
- 4-8yo: 2 ½ servings
- 9yo and older: 3 servings

Serving:

- ✓ 1 cup of milk
- ✓ 6-8 oz. yogurt
- ✓ 1 ½ ounces of natural cheese

Each can be considered as 1 cup from the Dairy Group

Dairy's Place on the Summer Meal Plate

Ohio SUMMER FOOD SERVICE PROGRAM

KIDS EAT FREE!



• No Registration • 18 or Younger

USDA United States Department of Agriculture Ohio Department of Education
The standard is an equal opportunity provider.

Breakfast Meal Pattern Select All three Components for a Reimbursable Meal

1 milk	1 cup	fluid milk
1 fruit/vegetable	1/2 cup	juice ¹ , and/or vegetable
1 grains/bread ²	1 slice/1 serving 3/4 cup 1/2 cup 1/2 cup	bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains

Lunch or Supper Meal Pattern

Select All Four Components for a Reimbursable Meal



1 milk	1 cup	fluid milk
2 fruits/vegetables	3/4 cup	juice ¹ , fruit and/or vegetable
1 grains/bread ²	1 slice1 serving 1/2 cup 1/2 cup	bread or cornbread or biscuit or roll or muffin or hot cooked cereal or pasta or noodles or grains
1 meat/meat alternate	2 oz.2 oz. 2 oz. 1 large 1/2 cup 4 Tbsp. 1 oz. 8 oz.	lean meat or poultry or fish ³ or alternate protein or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butter or nuts and/or seeds ⁴ or yogurt ⁵

Snack (Supplement) Meal Pattern

Select Two of the Four Components for a Reimbursable Snack

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1 milk	1 cup	fluid milk
¹ fruit/vegetable	3/4 cup	juice ¹ , fruit and/or vegetable
1 grains/bread ²	1 slice1 serv 3/4 cup 1/2 cup 1/2 cup	bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains
1 meat/meat alternate	1 oz. 1 oz. 1/2 large 1/4 cup 2 Tbsp. 1 oz. 4 oz.	lean meat or poultry or fish ³ or alternate protein or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butter or nuts and/or seeds or yogurt 4

Defining Dairy

MILK

From organic to ultra-filtered and everything in between, discover what makes these cow milks unique!



Raw Milk

Raw milk is unpasteurized and can contain harmful bacteria. On the farm, raw milk is pumped into a refrigerated bulk tank directly after milking. It is stored at 45°F or less, then transported via insulated tanker to a processing facility where it's pasteurized to destroy disease-causing bacteria such as Salmonella and E.coli.



The Centers for Disease Control and Prevention and the U.S. Food and Drug Administration recommend drinking only pasteurized milk.

Lactose-free Milk

Milk that does not contain lactose. It is created by adding lactase to regular milk to help break down the lactose (the natural carbohydrate in milk), making it a great option for individuals with lactose intolerance.



Ultra-Filtered Milk

Milk is separated into its five components: water, lactose/carbohydrates, vitamins and minerals, protein, and butterfat. Dairy companies then recombine those parts in different percentages to make beverages that contain, for example, more protein and calcium or less sugar/carbohydrate.



Regular Milk

Milk produced using modern farming practices. **Pasteurized milk** is heated to 161°F for 15 seconds and lasts for 10-20 days when refrigerated at 34-38°F. **Ultra-pasteurized milk** is heated to 280°F for 2 seconds, can be stored refrigerated for 30-90 days and lasts 7-10 days after opening when refrigerated at 34-38°F.



A2 Milk

Milk from dairy cows that produce concentrated A2 beta casein, a type of dairy protein. While regular milk contains both A1 and A2 beta casein, A2 milk only contains A2, which is thought to be easier to digest. However, more science is needed to support this.



Powdered Milk

After milk is pasteurized, 97% of water is removed by evaporation and spray drying. When stored in dry, cool conditions it has a shelf life in excess of two years.

*Nutrients based on 8-oz reconstituted non-fat milk



*Nutrition analysis based on an 8-oz serving of reduced fat (2%) white milk

Organic Milk

Milk from farms that meet USDA's National Organic Program Standards. In terms of quality, safety and nutrition, there's no difference between organic and regular milk.



Shelf Stable Milk

Ultra-pasteurized milk that is bottled in special aseptic packaging to create a sterile shelf-stable product.



To learn more, visit Drink-Milk.com

SHELF STABLE MILK



COMMON QUESTIONS

Milk is an integral part of summer meals due to its unique nutritional package. One serving of milk delivers 13 essential nutrients that fuels children's growth, development and learning.

What is the shelf life of shelf stable milk?

Shelf stable milk is natural, real milk that contains the same nutrients as regular milk. It is ultra-pasteurized and bottled in special aseptic packaging to create a sterile shelf-stable product that does not require refrigeration.

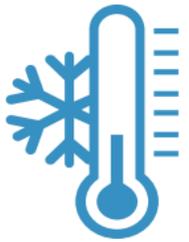
Shelf stable (aseptic) milk can have a shelf life of four months or more and can be stored without refrigeration until ready to use. Once the aseptic packaging is opened, it must be refrigerated and has the same shelf life as regular pasteurized milk.

SHELF STABLE MILK



COMMON QUESTIONS

Should shelf stable milk be served at room temperature?



No, we do not recommend serving shelf stable milk at room temperature. Although it does not require refrigeration for storage, most people prefer to consume milk that is between 36-39 degrees, so we recommend refrigerating the milk 48-72 hours prior to serving.

Is the nutritional value of shelf stable milk different than regular milk?

No. The nutrition, including protein, calcium and Vitamin D, of shelf stable milk is no different than any other dairy milk options and meets all nutritional requirements for school meals.

Are there preservatives added to create shelf-stable milk?

No additives or preservatives are used to produce shelf stable milk. Milk goes through an ultra-high temperature (UHT) pasteurization and is bottled in sterile aseptic packaging that allows for a longer shelf life.

SHELF STABLE MILK



COMMON QUESTIONS

Does shelf-stable milk taste different than regular milk?



Due to the high heat used in the UHT pasteurization, there is sometimes a slight difference in flavor, however, most people will not notice this difference, especially in flavored milk.

Are there various types of shelf stable milk and flavor options available?

Yes. There are a wide variety of shelf-stable milk products, however, product availability for your program depends on your milk processor/distributor.

For more information, visit Drink-Milk.com



COMMON QUESTIONS ABOUT LACTOSE INTOLERANCE



HOW DO I KNOW IF I'M LACTOSE INTOLERANT?

During digestion, the enzyme lactase breaks down lactose (the natural sugar found in milk) for energy. Each person produces a different level of lactase and people with lower levels may experience an upset stomach when they consume more lactose than their body can digest.

AM I ALLERGIC TO MILK AND OTHER DAIRY FOODS?

No — being lactose intolerant is not the same as having a milk allergy. A milk allergy is caused by a reaction to the protein in milk. This is different from lactose intolerance, which occurs when your body has a hard time digesting the natural sugar (lactose) in milk. If you have a milk allergy you must avoid all dairy foods.

CAN I BECOME MORE SENSITIVE TO LACTOSE AS I GROW OLDER?

Your body makes an enzyme called lactase to help digest the lactose in milk. As you grow older, your body may produce less of this enzyme than when you were younger, but it's different for everyone and you may not experience any problems.

DO ALL DAIRY FOODS HAVE THE SAME AMOUNT OF LACTOSE?

No — dairy foods have different amounts of lactose, so choose dairy foods that you enjoy and are right for you!

KNOW THE FACTS ABOUT LACTOSE INTOLERANCE

WHY CHOOSE DAIRY?

It's a nutrient powerhouse! An 8-oz glass of milk alone has 13 nutrients, including:



Calcium



Potassium



Protein



Vitamin D



THE BOTTOM LINE — Dairy foods are delicious and nutritious. Here are some tips for enjoying them:



Try lactose-free milk and dairy foods. They are real dairy products, just without the lactose. Choose from a variety of flavors and to enjoy as part of a meal or snack.



Eat yogurt with "live, active cultures" to help digest lactose. Try drinkable yogurts and even kefir.



Add naturally-aged cheeses like Cheddar, Colby or Swiss to your meal or snack — they are naturally low in lactose!

CHOOSE THE RIGHT DAIRY FOODS FOR YOU

No Lactose

High Lactose



Lactose-free Milk

Milk with lactose broken down



Cheese

Hard cheeses have low or no lactose



Greek Yogurt

Some varieties have less lactose than regular yogurt



Plain Yogurt

Has live cultures that help your body break down lactose



Kefir

Has live cultures that help your body break down lactose



Milk

Try smaller portions to build up your tolerance

Defining Dairy

YOGURT

From traditional to Greek and everything in between, discover what makes these yogurts unique!



*Nutrition analysis based on a 6-oz serving of low fat (1%) plain yogurt

Traditional Yogurt

Yogurt is made from cow's milk that is fermented by adding the cultures *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. As these cultures grow, the milk thickens and becomes tangy and tart, resulting in a creamy texture. It is unstrained, so it is not as thick as other types of yogurts. Traditional yogurt can be made by using whole, low fat or fat free milk.



French-style Yogurt

French-style yogurt is made in small batches using whole milk and ingredients like cane sugar, fruit (if flavored) and yogurt cultures. Using a technique called "pot-set," it is poured into individual glass containers to set and culture for 8 hours. The result is a thicker, firmer yogurt that is not as tart.

*Nutrients based on 6-oz serving of whole fat plain yogurt



Australian Yogurt

This yogurt is unstrained but a little richer and creamier than traditional yogurt, which can vary by the type of milk fat being used. Some brands may use only whole milk, while nonfat milk brands may cook it slower and longer than traditional yogurt to achieve that extra creaminess. It is also known as "Aussie Style."

*Nutrients based on 6-oz serving of reduced fat plain yogurt



Kefir

Kefir is a fermented milk drink similar to a thin yogurt. It is fermented multiple times with a specific bacteria from kefir grains which produce more probiotics than yogurt. It is slightly bubbly and mildly tart, and has less lactose (the natural carbohydrate in milk) compared to yogurt. In the Turkish language, kefir means "good feeling."

*Nutrients based on 8-oz serving of low fat plain kefir



Icelandic Yogurt

This yogurt is made when the whey is strained four times, creating the thickest and creamiest yogurt available. It is usually mildly tangy and less tart than Greek yogurt. This type of yogurt is also known as Skyr, which is the Icelandic word for yogurt.

*Nutrients based on 6-oz serving of fat free plain yogurt



Greek Yogurt

Greek yogurt is made when traditional yogurt is strained to remove the liquid whey, resulting in a thicker, creamier and more tart yogurt. Greek yogurt is higher in protein, slightly lower in calcium, and lower in lactose (the natural carbohydrate in milk) compared to regular yogurt.



To learn more, visit Drink-Milk.com

Yogurt on the Plate

To find more recipes, visit Drink-Milk.com

CREATE A SMOOTHIE

Making smoothies in your school can be easy!

SMALL BATCH

- 1 Add yogurt and your favorite fruits or vegetables to the blender.
- 2 Add extras, optional. Put the cover on the blender.
- 3 Pulse until smooth. Pour into cups.
- 4 Refrigerate until served at 48° or below.

LARGE BATCH

- 1 Purse fruits and vegetables in a reusable container.
- 2 Add to bag.
- 3 Mix or...

SMOOTHIE 101

Smoothies aren't just for breakfast anymore! You can now serve delicious, nutritious smoothies to students and get credit for the fruits, vegetables and yogurt thanks to updated USDA guidelines.

RECIPE TIPS

- Smoothies too thick? Just add milk!
- Smoothies allow you to easily utilize fresh, frozen or dried fruits.

SERVING TIPS

- Banana-based smoothies will thicken if refrigerated overnight.
- Serve for breakfast in the classroom in a kiddie cup.
- Be cautious adding ice because it will melt & water down smoothies.
- Prep and freeze smoothies ahead of time, then thaw overnight before serving.

MARKETING TIPS

- Have a "name this smoothie" or recipe contest!
- Make smoothies in your school and holiday colors.

YOGURT

4 oz. (credit as 1 oz. meat alternative component)

Yogurt, lowfat

- Flavored
- Plain
- Greek-style
- Vanilla

FRUITS & VEGETABLES

1/2 cup (credit as 1/2 fruit or vegetable)

<input type="checkbox"/> Avocado	<input type="checkbox"/> Cherries, pitted	<input type="checkbox"/> Peaches
<input type="checkbox"/> Bananas	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Pineapple
<input type="checkbox"/> Berries	<input type="checkbox"/> Mango	<input type="checkbox"/> Spinach
<input type="checkbox"/> Butternut Squash	<input type="checkbox"/> Melons	<input type="checkbox"/> Sweet Potato
<input type="checkbox"/> Carrots	<input type="checkbox"/> Papaya	

EXTRAS

<input type="checkbox"/> Chocolate Syrup	<input type="checkbox"/> Ground flax seeds	<input type="checkbox"/> Nuts
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Honey	<input type="checkbox"/> Oats
<input type="checkbox"/> Cocoa powder	<input type="checkbox"/> Instant pudding mix	<input type="checkbox"/> Peanut butter
<input type="checkbox"/> Fresh mint	<input type="checkbox"/> Tulsi	<input type="checkbox"/> Vanilla

Yogurt and Fruit Breakfast and Lunch can be credited in smoothies prepared by program.

OVERNIGHT OATS 101

You can now serve delicious, nutritious overnight oats to students and get credit for the fruits, yogurt and grain thanks to updated USDA guidelines.

OATS

1/4 cup (credit as 1 grain)

Quick or Old Fashioned Rolled Oats

MILK

1/8 cup

Milk

- LowFat White
- Fat-Free Chocolate
- Fat-Free White
- Fat-Free Strawberry

YOGURT

1/2 cup (credit as 1 meat alternative component)

Yogurt, lowfat

- Flavored
- Plain
- Greek-style
- Vanilla

Yogurt and Fruit Breakfast and Lunch can be credited in smoothies prepared by program.

DIY OVERNIGHT OATS

Making overnight oats in your school can be easy and count as a reimbursable school meal!

DIRECTIONS

- 1 In a large mixer, combine dry oats, yogurt and milk.
- 2 Stir in fruit. Add spices or other flavoring for variety.
- 3 Measure and portion using a measuring cup to ensure correct portion size.
- 4 Chill overnight, maintaining a temperature of 48° or below.

RECIPE TO TRY

APPLE PIE OVERNIGHT OATS

Yield: 50, 10 fl. oz. servings

INGREDIENTS

3 qt. + 1/2 cup quick oats
6 qt. + 8 oz. lowfat vanilla yogurt
6 cups + 1 oz. lowfat milk
2 #10 cans unsweetened applesauce
2 tbsp. + 1/4 tsp. ground cinnamon

DIRECTIONS

- 1 In large mixer, combine approximately 3 quarts + 1/2 cup quick oats, 6 quarts + 8 ounces lowfat vanilla yogurt, 6 cups + 1 ounce lowfat milk and 2 tablespoons + 1/4 teaspoon ground cinnamon.
- 2 Stir in 2 #10 cans of unsweetened applesauce.
- 3 Using a measuring cup, portion overnight oats into cups. Place lids on caps and chill overnight, maintaining a temperature of 48° or below.
- 4 In the morning, serve chilled and garnish with a sprinkle of cinnamon.

PARFAIT 101

Par-falls are great as snacks or meals! Make delicious, nutritious par-falls at home using the fruits, yogurt and extras listed below.

YOGURT

4 oz. Yogurt, lowfat

- Flavored
- Plain
- Greek-style
- Vanilla

FRUITS

1/2 cup

<input type="checkbox"/> Apples	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Peaches
<input type="checkbox"/> Bananas	<input type="checkbox"/> Mango	<input type="checkbox"/> Pineapple
<input type="checkbox"/> Blueberries	<input type="checkbox"/> Oranges	<input type="checkbox"/> Raspberries
<input type="checkbox"/> Cherries, pitted	<input type="checkbox"/> Papaya	<input type="checkbox"/> Strawberries

Yogurt and Fruit Breakfast and Lunch can be credited in smoothies prepared by program.

RECIPES TO TRY

STRAWBERRY BANANA PARFAIT

Yield: 50, 7 oz. servings

INGREDIENTS

2 1-1/2 lbs. lowfat vanilla yogurt
3 lbs. + 2 oz. strawberries, sliced
3 lbs. + 2 oz. blueberries
8 cups granola

DIRECTIONS

- 1 Put 2 oz. of yogurt into a 7 oz. plastic cup with lid.
- 2 Layer 1 oz. strawberries, 2 oz. yogurt, 1 oz. blueberries, top with 2 1/2 Tbsp. of granola.
- 3 Place lid on cap and hold at 48° or lower for cold service.
- 4 Tip: Substitute sliced peaches, nectarines, apples, pears or other seasonal berries.

FRUITY YOGURT POPSICLES

Yield: 48 servings

INGREDIENTS

10 lbs. frozen berries
12 lbs. plain fat-free Greek yogurt

DIRECTIONS

- 1 Place 1/2 cup fruit in each cup.
- 2 Place 1/2 cup yogurt into cups of fruit.
- 3 Stir each cup with plastic spoon and place in center of cap.
- 4 Freeze until firm and hold at 0°F until ready to serve.

Defining Dairy

CHEESE

From fresh to aged and everything in between, discover what makes these cheeses unique!



*Nutrition analysis based on 1.5-oz serving

Semi-Hard Cheeses

These cheeses are pressed into a mold and are aged for at least eight months. They are dense and firm but still have some springiness. Their flavor characteristics can vary greatly, but tend to be well balanced, and smooth.

Some examples include Cheddar, Swiss, Gouda, Gruyere and Edam.

Cheddar



Swiss



Gouda



Hard Cheeses

Hard cheeses are pressed and aged the longest to remove much of their moisture, giving them a longer shelf life. These cheeses are dry and crumbly and have a strong and savory taste.

Examples are Parmesan, Asiago and Romano.

Parmesan (Grated)



Romano



Asiago



Blue-Veined Cheeses

These cheeses are made by adding blue mold cultures directly to milk. During the cheesemaking process, the cheese is pierced with thin skewers to create veins where oxygen encourages the mold to grow. They have a distinct flavor and soft and crumbly texture.

Some examples are Blue cheese and Gorgonzola.

Blue Cheese



Gorgonzola



To learn more, visit Drink-Milk.com

Defining Dairy

CHEESE

From fresh to aged and everything in between, discover what makes these cheeses unique!



*Nutrition analysis based on 1.5-oz serving

Soft-Ripened Cheeses

These cheeses are ripened when briefly exposed to mold cultures that form a thin, white or cream-colored rind that is soft and edible (also known as a bloomy rind). Soft-ripened cheeses have a high moisture level and fat content, resulting in a buttery taste and creamy texture.

Some examples are Brie and Camembert.

Brie		Camembert	
CALORIES	142	CALORIES	128
FAT	12g	FAT	10g
CARBS	0.2g	CARBS	0.2g
PROTEIN	9g	PROTEIN	8g
CALCIUM	6%	CALCIUM	13%

Semi-Soft Cheeses

Semi-soft cheeses are all made with whole milk, giving them a soft and creamy texture. These cheeses are more dense than soft cheeses and have a mild and buttery taste. Some of these cheeses have a small rind from being lightly pressed into a mold.

Some examples include Muenster, Havarti, Fontina and Pepper Jack.

Muenster		Havarti		Pepper Jack	
CALORIES	157	CALORIES	156	CALORIES	165
FAT	13g	FAT	13g	FAT	13.5g
CARBS	0.5g	CARBS	2g	CARBS	1.5g
PROTEIN	10g	PROTEIN	9g	PROTEIN	9g
CALCIUM	23%	CALCIUM	22%	CALCIUM	23%

Soft Fresh Cheeses

Only one step removed from milk, these cheeses contain the highest moisture content of any cheeses. They are not aged or ripened and do not have rinds, have a mild, delicate and creamy flavor and are smooth and often spreadable. They are white throughout, but sometimes natural colors like beta carotene or annatto are added to give a uniform orange color.

Some examples include cheese curds, fresh Mozzarella, Ricotta, Cream cheese, Cottage cheese and Feta.

Whole Milk Mozzarella		Cream Cheese		Cottage Cheese	
CALORIES	127	CALORIES	149	CALORIES	61
FAT	9g	FAT	15g	FAT	4g
CARBS	1g	CARBS	2g	CARBS	1g
PROTEIN	9g	PROTEIN	3g	PROTEIN	4.5g
CALCIUM	17%	CALCIUM	3%	CALCIUM	3%

To learn more, visit Drink-Milk.com

Cheese on the Plate

To find more recipes, visit Drink-Milk.com



Caprese Chicken Wrap

Main Dish

Recipe HACCP Process: #2 Some Day Service

Ingredients	Measure	Directions
Low Sodium Turkey Sausage	1 lb	1. Pre-heat oven to 350°F and cook sausage in a skillet until browned and cooked through, about 15 minutes.
Low Sodium Turkey Pepperoni Slices	1/2 lb	2. Drain and pat dry with a paper towel.
Low Sodium Turkey Pepperoni Slices	1/2 lb	3. Pre-heat oven to 350°F and cook pepperoni in a skillet until browned and cooked through, about 15 minutes.
Low Sodium Turkey Pepperoni Slices	1/2 lb	4. Drain and pat dry with a paper towel.
Low Sodium Turkey Pepperoni Slices	1/2 lb	5. Drain and pat dry with a paper towel.
Low Sodium Turkey Pepperoni Slices	1/2 lb	6. Drain and pat dry with a paper towel.
Low Sodium Turkey Pepperoni Slices	1/2 lb	7. Drain and pat dry with a paper towel.
Low Sodium Turkey Pepperoni Slices	1/2 lb	8. Drain and pat dry with a paper towel.
Low Sodium Turkey Pepperoni Slices	1/2 lb	9. Drain and pat dry with a paper towel.
Low Sodium Turkey Pepperoni Slices	1/2 lb	10. Drain and pat dry with a paper towel.

Notes:

Can substitute spinach for lettuce. Low sodium hot sauce may be used. Drain, shredded, extra or substitute.

Meal Components:

1 serving provides 2 1/2 equivalent whole grain rich meat/meat alternative and 20 cup red/orange and yellow vegetables.

Nutrients Per Serving

Calories	432 kcal
Total Fat	15 gm
Saturated Fat	8 gm
Cholesterol	38 mg

As seen in the Institute of Child Nutrition recipe database.

CAPRESE CHICKEN WRAP
VISUAL RECIPE GUIDE

TOOLS & INGREDIENTS **MIX** **ARRANGE**

TOP **FOLD** **FINAL**

REAL M&BU



Pizza Pizzazz Shaker

Main Dish

Recipe HACCP Process: #2 Some Day Service

Ingredients	Measure	Directions
Low Sodium Pepperoni Slices	1 lb	1. Prepare pizza of choice. Drain and cool. Tear pizza with Italian sauce.
Whole Grain Bulk Beans, cooked	8 lbs	2. Prepare and 2 Top of dressing into two cups with salt.
Crushed Tomatoes, drained	2 cup	
Red Pepper, dried	1 lb	
Green Pepper, dried	1 lb	
Low Sodium Turkey Pepperoni Slices	1 lb	
Mozzarella, shredded	4 lbs	
Low Sodium Italian Dressing	1 or 2 1/2 cup	
Italian Herbs	2 Teaspoon	

Notes:

Use per dish low sodium mozzarella. If not using mozzarella, only mozzarella cheese to 2 cup per serving. Serve with dressing.

Meal Components:

1 serving provides 2 equivalent whole grain rich, 2 equivalent meat/meat alternative and 7 cup vegetable. 120 cup red/orange and 120 cup yellow.

Nutrients Per Serving

Calories	432 kcal	Sodium
Total Fat	15 gm	Carbohydrates
Saturated Fat	8 gm	Starchy Fiber
Cholesterol	38 mg	Protein

As seen in the Institute of Child Nutrition recipe database.

PIZZA PIZZAZZ SHAKER
VISUAL RECIPE GUIDE

TOOLS & INGREDIENTS **TOSS** **LAYER**

LAYER **GARNISH** **FINAL**

REAL M&BU



Fiesta Parfait

Main Dish

Recipe HACCP Process: #2 Some Day Service

Ingredients	Measure	Directions
Peas, frozen, drained	12 1/2 cups	1. Drain and freeze peas. Set aside.
Low Fat Plain Yogurt	4 1/2 lbs	
Mozzarella, shredded	1/2 cup	
Low Sodium Tofu	9 cups	4. Chop.
Shredded Cheddar Cheese	1/2 cup	

Notes:

Serve with tortilla chips for dipping.

Meal Components:

12 cup portion means 1 meat/meat alternative and 2 vegetable servings.

Nutrients Per Serving

Calories	160 kcal	Sodium
Total Fat	3 gm	Carbohydrates
Saturated Fat	2 gm	Starchy Fiber
Cholesterol	15 mg	Protein

As seen in the Institute of Child Nutrition recipe database.

FIESTA PARFAIT
VISUAL RECIPE GUIDE

TOOLS & INGREDIENTS **DRAIN** **MIX**

LAYER **GARNISH** **FINAL**

REAL M&BU

PARTICIPATE IN THE SMOOTHIE SLURP

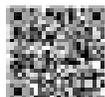
FEBRUARY 5-9, 2024

JOIN IN THE FUN

The American Dairy Association Midwest and the Ohio and West Virginia Farm to School Networks invite your school or other location to register for the Smoothie Slurp during the week of February 5th!

Participating in the "smoothie slurp" simply means making, serving and slurping smoothies made with dairy foods blended with fruits and vegetables (local, fresh, frozen or canned) for breakfast or lunch! Register at <https://bit.ly/SmoothieSlurp24>

REGISTER HERE



SHARE ON SOCIAL MEDIA

Show us how you slurp! Share photos or videos on social media using #OHSmoothieSlurp or #WVSmoothieSlurp and tag @adamidwest and @OhioFarm2School or @WVFarm2School.



SMOOTHIES FOR
YOUR SCHOOL

FIND LARGE
BATCH RECIPES



In partnership with Ohio and West Virginia Farm to School Networks

Register TODAY



NEW recipes

Yogurt/Milk + Fruit + Vegetables



THANK YOU!

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